

HERNDON

Parks & Recreation Department



Herndon Community Center Newly Renovated!

Reopening September 16th



In-Person Registration
10am-4pm
August 22-25 &
August 28-September 1
Herndon Municipal Center,
777 Lynn St.



Labor Day Jazz & Wine Festival – September 4, page 36

Nature Fest – September 17, page 25

Herndon Community Center

Fall 2006 – Program & Events Guide

814 Ferndale Avenue, Herndon, Virginia 20170
703-787-7300 • www.herndon-va.gov



General Information

"Promoting a sense of community and enriching the quality of life."

The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, foster a sense of community and serve as stewards of Town resources by providing diverse, accessible and valued parks, facilities and recreation programs in addition to those provided by Fairfax County.

Community Center Hours

The Community Center will be closed for annual cleaning and preparation for the Grand Reopening beginning Monday, August 21 and opens on Saturday, September 16. All hours are subject to change due to special events in the Center.

Aquatic Facility

M-F 6am-10pm
Sa & Su 8am-8pm

Fitness Facility

M-F 6am-10:30pm
Sa & Su 8am-8pm

Holiday Hours

Thanksgiving, November 23 Closed
Friday, November 24 Open 8am-10pm

Office Hours

M-F 8:30am-5:30pm
Office closed - September 4, October 9,
November 23-24

Phone

Pool, Racquetball, & Rentals
703-787-7300

Hearing Impaired Relay
1-800-828-1120 -TDD

Fax
703-318-8652

Touchtone Registration
703-707-2662

Website: www.herndon-va.gov

Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

New! Better Benefits

Access to all the Community Center has to offer is now more convenient and more affordable. Passholders receive even more benefits than ever before, and with all the new options, everyone can enjoy the workout of their choice.

Take advantage of the full schedule of land fitness classes available at no additional charge to passholders and daily admission patrons.

New Community Center Fees and Pass Options effective September 1, 2006

- **Daily Full Use**
- **25-Admission Pass**
- **Monthly 30-Day Pass**
- **6-Month Pass**
- **Annual Pass**

• Receive a 10% discount on class registration fees if you are an annual pass holder

• Receive three complimentary sessions with our personal fitness trainer if you are an annual or six-month pass holder
Rates vary for Town residents and non-residents, youth and senior adults.

Daily admission fee now includes the use of the locker room, pool, sauna, gymnasium (ages 10 & older) and the fitness room (ages 14 & older) as available and admission to any regularly-scheduled land aerobics class (see class schedule on p 12).

Ages 12-17 get access Mon-Fri 2:30-6 pm to the gym, teen room and game room with a teen club membership. Must present card for admission.

Note: For pool use child(ren) age 8 & under must be accompanied by an adult.

Child(ren) age 5 & under must be with a parent in the water. For fitness room use, children must be age 14 or older. For gymnasium use, children must be age 10 or older. Youth are those age 17 and under. Seniors are those age 60 and older as of Dec 31, 2005.

**TOH-Resident Rate Requires ID with Address*

Daily	TOH/NR
Adults	\$4.75/\$6
Seniors	\$3.50/\$4.25
Youth	\$3.50/\$3.50
Nonresident Seniors	\$4.25
25-Admission Pass	TOH/NR
Full Use	\$83/\$120
Seniors	\$61/\$85
Youth	\$61/\$70
Monthly 30-Day Pass	TOH/NR
Adult	\$40/\$58
2 Person Adult Married	\$64/\$91
Single Senior/Youth	\$31/\$46
Senior 2-Person Married	\$50/\$71
Dependent Youth	\$10/\$15
(with paid adult pass)	
6-Month Pass	TOH/NR
Adult	\$201/\$288
2-Person Adult Married	\$249/\$356
Single Senior/Youth	\$159/\$227
Senior 2-Person Married	\$249/\$356
Dependent Youth	\$50/\$72
(with paid adult pass)	
Annual Pass	TOH/NR
Adult	\$363/\$519
2 Person Adult Married	\$570/\$815
Single Senior/Youth \$	254/\$408
Senior 2-Person Married	\$449/\$641
Dependent Youth	\$90/\$129
(with paid adult pass)	

RACQUETBALL & WALLYBALL COURTS

Prime time hours

**Monday - Friday 4-10pm, plus all day
Saturday, Sunday & Holidays**

Racquetball

Prime Time

\$4.50 per hour + admission fee per player

Non-Prime Time

\$2.50 per hour + admission fee per player

Wallyball

Prime Time

\$4 per court + admission fee per player

Non-Prime Time

\$2 per court + admission fee per player

Wallyball court rental is for two hours.

Information and forms for class registration can be found on pages 34-35 of this brochure.

Town of Herndon Town Council

Steve J. DeBenedittis, Mayor
Dennis D. Husch, Vice Mayor
Connie Haines Hutchinson
David A. Kirby
Harlon Reece
William B. Tirrell, Sr.
Charlie D. Waddell
Steve Owen, Town Manager

Parks & Recreation Department

Arthur A. Anselene
Director
Sue Berkemeier
Administrative Assistant
Sheri Branch
Office Assistant
Kathy Rottier
Office Assistant
Lori Rowland
Office Assistant
Cynthia Hoftiezer
Projects Coordinator
Abby Kimble
Marketing Specialist
Teresa Rodriguez
Aquatic Services Manager
Vacant, Pool Operations Manager
Ed Mayr
Community Center Manager
Dave Zakrzewski
Community Center Supervisor
Cindy Roeder
Recreation Services Manager
Recreation Services Supervisors:
Ann Hoy
Special Interest, Arts & Crafts
Susan Lilly
Town Naturalist
Holly Popple
Performing Arts, Events
Taacha Brown-Drummond
Sports, Fitness
Kimberly Wood
Teens, Trips, Senior Adults

Registration Dates

- Registration for all Town of Herndon residents will open at 10am on **Tuesday, August 22.**
- Registration for all non-Town of Herndon residents will open at 10am on **Tuesday, August 29.**

Starting on these dates you will be able to register online, by touchtone system, mail, fax, or in person ONLY for the Fall 2006 registration - Please note all in-person registration will be held at the Herndon Municipal Center Lobby, 777 Lynn Street, from Tuesday, August 22–Friday, August 25 and Monday, August 28–Friday, September 1.

Staff will be available 8am–4pm. NOTE: registration starts at 10am on 8/22 & 8/29.

Please see “Registration Information” on page 34 and 35 for more information.

Fall Highlights

Herndon Tennis Tournament
September 5-10

NatureFest
September 17

Harvest Moon Swim Meet
October 7-8

Performing Arts Series
A Celtic Celebration
for the Holidays
December 9

Spooktacular
October 20

Turkey Trot
November 18

Holiday Arts & Crafts Show
December 3

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Nature Fest 2006 – page 25.

Gift Certificates

Give the gift of health and fun! The Town of Herndon Parks and Recreation offers gift certificates in any amount. They can be used for admission fees, trips or classes. Come by the Community Center, or order by phone.

Call: **703-787-7300**



SWIMMING GUIDELINES

Parents should remember that unless a child is practicing skills learned in a class they may lose their proficiency to demonstrate the required skills. Do not place your child in a higher level course unless they have been practicing the required skills on a regular basis or have been passed on during a course evaluation. It is better to repeat a course to strengthen skills than place a child in a class over his level!

Starfish

No experience necessary but must be able to: Separate from parent; Learn in a group setting

Seahorse

Successful completion of Starfish or ability to: Put face in the water-5 seconds; Blow bubbles; Front glide with kick-3 feet; Float on back with assistance-5 seconds

Otters

Successful completion of Seahorse or ability to: Submerge totally bobbing 5 times; Float on front and back independently; Rollover from front to back; Swim with arm stroke and kick 5 yards

Manatees

Successful completion of Otter or ability to: Jump in 12 feet and return to side without assistance; Front crawl 15 yards with breathing; Elementary backstroke arm motion 15 yards; Back crawl 15 yards; Butterfly kick; Sitting /kneeling dives

Sharks

Successful completion of Manatee or the ability to: Front crawl-25 yards with side breathing; Elementary backstroke-15 yards; Back crawl-25 yards; Breaststroke-15 yards; Diving: compact/stride; Ability to swim across deep end of pool

Come and play with the floating submarine or slide on weekends from 1-4pm!



Level 1

No experience necessary but must be able to participate in group setting

Level 2

Successful completion of Level 1 or the ability to: Face in water and blow bubbles-5 seconds; Submerge face and pick up item; Float on the with assistance; Kick on front with face in using barbells

Level 3

Successful completion of Level 2 or the ability to: Float on front and back independently; Roll over from front to back; Combined stroke front and back-5 yards

Level 4

Successful completion of Level 3 or the ability to: Elementary Backstroke-5 yards; Front crawl and back crawl-15 yards; Jump into deep water and swim 15 yards; Kneeling dive

Level 5

Successful completion of Level 4 or the ability to: Tread water 1 minute; Crawl stroke 25 yards with side breathing; Back crawl 25 yards; Breaststroke 15 yards; Butterfly 15 yards; elementary backstroke 15 yards; Scissors kick; Stride dive and flip turn

Level 6

Successful completion of Level 5 or the ability to: Front and back crawl 50 yards; Back float 2 minutes; Tread water 2 minutes; Breaststroke 25 yards; Sidestroke 25 yards; Elementary backstroke 25 yards

Swimming Instructors Needed

The Aquatics Department of the Herndon Community Center is currently looking for swimming instructors. The Learn to Swim program provides classes to students of all ages, from infants to adults, and classes are available weekdays, evenings, and weekends. This is an ideal part-time position for stay-at-home moms, high school and college students, or for anyone who desires fun and fulfilling part-time work. Experience is a plus, but we will train the right candidates. Call the Aquatic Services Manager, Teresa Rodriguez at **703-435-6800 x 2122**.

- ◆ **The pool will be closed to the public every Tuesday, Wednesday, & Thursday from 3:30-4:30pm November 13 through February 9 for Herndon High School Swim Team Practice.**
- ◆ **The pool is open to lap swimmers and scheduled swim lessons only on Saturday and Sunday mornings until noon.**
- ◆ **The pool will be closed October 7-8 due to the Harvest Moon Swim Meet. No aquatic classes are scheduled for that weekend.**

Aquatics Class Make-up Policy

Classes canceled due to inclement weather, pool closures, or instructor illnesses are made up as the calendar allows. Credits for canceled classes will not be issued to participants who are unable to attend the make-up class.

Wacky Wednesday



Ages 5 & under

Come join us in the pool for great fun and games for the younger crowd. Children not enrolled in full-day school programs (kindergarten and younger) may participate. The training pool will be set aside for kids (must be with an adult) and filled with our wacky water toys. Keep your little fish practicing their swimming skills!

**\$5 parent/child
\$2 each additional child
Every Wednesday, 1-3pm**



PRESCHOOL AQUATICS

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate-level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Aquatots – Ages 6-18 months

Instructor works closely with parent in helping infant develop basic water skills including water adjustment, safety, and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent.*

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 18-October 11			
2011.101	M/W	10:30-10:55am	\$54/\$68
Session 2, October 16-November 8			
2011.102	M/W	10:30-10:55am	\$54/\$68
Session 3, November 20-December 13			
2011.103	M/W	10:30-10:55am	\$54/\$68
September 16-November 11			
2011.604	Sa	9:30-9:55am	\$54/\$68

Mini Session

4, 25 minute sessions

Class	Day	Time	TOH/NR
November 18-December 16			
2011.605	Sa	9:30-9:55am	\$27/\$34



Guppies – Ages 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water-adjustment activities and introduces elementary forms of propulsion, safety skills, and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at legs and waistband. *Swim with parent.*

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 18-October 11			
2012.101	M/W	10-10:25am	\$54/\$68
Session 2, October 16-November 8			
2012.102	M/W	10-10:25am	\$54/\$68
Session 3, November 20-December 13			
2012.103	M/W	10-10:25am	\$54/\$68
September 22-November 10			
2012.504	F	11-11:25am	\$54/\$68
September 16-November 11			
2012.605	Sa	10-10:25am	\$54/\$68
September 17-November 12			
2012.706	Su	9:30-9:55am	\$54/\$68

Mini Sessions

4, 25 minute sessions

Class	Day	Time	TOH/NR
November 18-December 16			
2012.608	Sa	10-10:25am	\$27/\$34
November 19-December 17			
2012.709	Su	9:30-9:55am	\$27/\$34
December 1-December 22			
2012.507	F	11-11:25am	\$27/\$34

Minnows – Ages 3-5

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. Designed for children who are older than our guppies, but are hesitant to separate from the parent. Skills that are taught include: breath control, floating on front and back, and kicking. *Swim with parent.*

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 19-October 12			
2018.201	T/Th	9:30-9:55am	\$54/\$68
Session 2, October 17-November 9			
2018.202	T/Th	9:30-9:55am	\$54/\$68
Session 3, November 21-December 19			
2018.203	T/Th	9:30-9:55am	\$54/\$68
September 16-November 11			
2018.604	Sa	9-9:25am	\$54/\$68

Mini Session

4, 25 minute sessions

Class	Day	Time	TOH/NR
November 18-December 16			
2018.205	Sa	9-9:25am	\$27/\$34

Starfish – Ages 3-6

Skills introduced include water adjustment, breath control, underwater exploration, water safety, and swimming movements on front and back. An excellent class for children who have little or no previous water experience.

Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 18-October 11			
2013.101	M/W	9:30-9:55am	\$54/\$68
2013.102	M/W	10:30-10:55am	\$54/\$68
2013.103	M/W	6:30-6:55pm	\$54/\$68
Session 2, October 16-November 8			
2013.104	M/W	9:30-9:55am	\$54/\$68
2013.105	M/W	10:30-10:55am	\$54/\$68
2013.106	M/W	6:30-6:55pm	\$54/\$68
Session 3, November 20-December 13			
2013.107	M/W	9:30-9:55am	\$54/\$68
2013.108	M/W	10:30-10:55am	\$54/\$68
2013.109	M/W	6:30-6:55pm	\$54/\$68
Session 1, September 19-October 12			
2013.210	T/Th	10-10:25am	\$54/\$68
2013.211	T/Th	11-11:25am	\$54/\$68
2013.212	T/Th	1-1:25pm	\$54/\$68
2013.213	T/Th	6-6:25pm	\$54/\$68
Session 2, October 17-November 9			
2013.214	T/Th	10-10:25am	\$54/\$68
2013.215	T/Th	11-11:25am	\$54/\$68
2013.216	T/Th	1-1:25pm	\$54/\$68
2013.217	T/Th	6-6:25pm	\$54/\$68
Session 3, November 21-December 19			
2013.218	T/Th	10-10:25am	\$54/\$68
2013.219	T/Th	11-11:25am	\$54/\$68
2013.220	T/Th	1-1:25pm	\$54/\$68
2013.221	T/Th	6-6:25pm	\$54/\$68
September 20-November 8			
2013.322	W	11-11:25am	\$54/\$68
2013.323	W	12-12:25pm	\$54/\$68
September 22-November 10			
2013.524	F	11:30-11:55am	\$54/\$68
September 16-November 11			
2013.625	Sa	8:30-8:55am	\$54/\$68
2013.626	Sa	9:30-9:55am	\$54/\$68
September 17-November 12			
2013.727	Su	10-10:25am	\$54/\$68

Mini Sessions

4, 25 minute sessions

Class	Day	Time	TOH/NR
November 22-December-13			
2013.328	W	11-11:25am	\$27/\$34
2013.329	W	12-12:25pm	\$27/\$34
December 1-December 22			
2013.530	F	11:30-11:55am	\$27/\$34
November 18-December 16			
2013.631	Sa	8:30-8:55am	\$27/\$34
2013.632	Sa	9:30-9:55am	\$27/\$34
November 19-December 17			
2013.733	Su	10-10:25am	\$27/\$34



Seahorse – Ages 3-6

Seahorse students can demonstrate water-orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water-safety skills are introduced. *Previous water experience.*

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 18-October 11			
2014.101	M/W	10-10:25am	\$54/\$68
2014.102	M/W	11-11:25am	\$54/\$68
2014.103	M/W	5:30-5:55pm	\$54/\$68
Session 2, October 16-November 8			
2014.104	M/W	10-10:25am	\$54/\$68
2014.105	M/W	11-11:25am	\$54/\$68
2014.106	M/W	5:30-5:55pm	\$54/\$68
Session 3, November 20-December 13			
2014.107	M/W	10-10:25am	\$54/\$68
2014.108	M/W	11-11:25am	\$54/\$68
2014.109	M/W	5:30-5:55pm	\$54/\$68
Session 1, September 19-October 12			
2014.210	T/Th	9:30-9:55am	\$54/\$68
2014.211	T/Th	10:30-10:55am	\$54/\$68
2014.212	T/Th	1:30-1:55pm	\$54/\$68
2014.213	T/Th	6:30-6:55pm	\$54/\$68
Session 2, October 17-November 9			
2014.214	T/Th	9:30-9:55am	\$54/\$68
2014.215	T/Th	10:30-10:55am	\$54/\$68
2014.216	T/Th	1:30-1:55pm	\$54/\$68
2014.217	T/Th	6:30-6:55pm	\$54/\$68
Session 3, November 21-December 19			
2014.218	T/Th	9:30-9:55am	\$54/\$68
2014.219	T/Th	10:30-10:55am	\$54/\$68
2014.220	T/Th	1:30-1:55pm	\$54/\$68
2014.221	T/Th	6:30-6:55pm	\$54/\$68
September 20-November 8			
2014.322	W	10:30-10:55am	\$54/\$68
2014.323	W	12:30-12:55pm	\$54/\$68
September 22-November 10			
2014.524	F	12-12:25pm	\$54/\$68
September 16-November 11			
2014.625	Sa	9-9:25am	\$54/\$68
2014.626	Sa	10-10:25am	\$54/\$68
September 17-November 12			
2014.727	Su	10:30-10:55am	\$54/\$68

Mini Sessions

4, 25 minute sessions

Class	Day	Time	TOH/NR
November 22-December 13			
2014.328	W	10:30-10:55am	\$27/\$34
2014.329	W	12:30-12:55pm	\$27/\$34
December 1-December 22			
2014.530	F	12-12:25pm	\$27/\$34
November 18-December 16			
2014.631	Sa	9-9:25am	\$27/\$34
2014.632	Sa	10-10:25am	\$27/\$34
November 19-December 17			
2014.733	Su	10:30-10:55am	\$27/\$34

Otters – Ages 4-6

Our “Otter” students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, treading water, and diving from seated and kneeling positions. There is instruction in swimming in deep water and basic water safety rules.

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 18-October 11			
2015.101	M/W	9:30-9:55am	\$54/\$68
2015.102	M/W	5-5:25pm	\$54/\$68
Session 2, October 16-November 8			
2015.103	M/W	9:30-9:55am	\$54/\$68
2015.104	M/W	5-5:25pm	\$54/\$68
Session 3, November 20-December 13			
2015.105	M/W	9:30-9:55am	\$54/\$68
2015.106	M/W	5-5:25pm	\$54/\$68
Session 1, September 19-October 12			
2015.207	T/Th	10:30-10:55am	\$54/\$68
2015.208	T/Th	2-2:25pm	\$54/\$68
2015.209	T/Th	5:30-5:55pm	\$54/\$68
Session 2, October 17-November 9			
2015.210	T/Th	10:30-10:55am	\$54/\$68
2015.211	T/Th	2-2:25pm	\$54/\$68
2015.212	T/Th	5:30-5:55pm	\$54/\$68
Session 3, November 21-December 19			
2015.213	T/Th	10:30-10:55am	\$54/\$68
2015.214	T/Th	2-2:25pm	\$54/\$68
2015.215	T/Th	5:30-5:55pm	\$54/\$68
October 16-December 4			
2015.116	M	10-10:25am	\$54/\$68
September 20-November 8			
2015.317	W	10-10:25am	\$54/\$68
2015.318	W	1-1:25pm	\$54/\$68
September 22-November 10			
2015.519	F	12:30-12:55pm	\$54/\$68
September 16-November 11			
2015.620	Sa	10:30-10:55am	\$54/\$68
September 17-November 12			
2015.721	Su	11-11:25am	\$54/\$68

Mini Sessions

4, 25 minute sessions

Class	Day	Time	TOH/NR
November 22-December 13			
2015.322	W	10-10:25am	\$27/\$34
2015.323	W	1-1:25pm	\$27/\$34
December 1-December 22			
2015.524	F	12:30-12:55pm	\$27/\$34
November 18-December 16			
2015.625	Sa	10:30-10:55am	\$27/\$34
November 19-December 17			
2015.726	Su	11-11:25am	\$27/\$34



Manatees – Ages 4-6

To enroll in this class, students should be able to swim a distance of 15 yards of front crawl taking at least two breaths and 15 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

An advanced course for the preschool swimmer.

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 18-October 11			
2016.101	M/W	11-11:25am	\$54/\$68
2016.102	M/W	6-6:25pm	\$54/\$68
Session 2, October 16-November 8			
2016.103	M/W	11-11:25am	\$54/\$68
2016.104	M/W	6-6:25pm	\$54/\$68
Session 3, November 20-December 13			
2016.105	M/W	11-11:25am	\$54/\$68
2016.106	M/W	6-6:25pm	\$54/\$68
Session 1, September 19-October 12			
2016.207	T/Th	10-10:25am	\$54/\$68
2016.208	T/Th	5-5:25pm	\$54/\$68
Session 2, October 17-November 9			
2016.209	T/Th	10-10:25am	\$54/\$68
2016.210	T/Th	5-5:25pm	\$54/\$68
Session 3, November 21-December 19			
2016.211	T/Th	10-10:25am	\$54/\$68
2016.212	T/Th	5-5:25pm	\$54/\$68
September 20-November 8			
2016.313	W	1:30-1:55pm	\$54/\$68
September 22-November 10			
2016.514	F	1-1:25pm	\$54/\$68
September 17-November 12			
2016.715	Su	11:30-11:55am	\$54/\$68

Mini Sessions

4, 25 minute sessions

Class	Day	Time	TOH/NR
November 22-December 13			
2016.316	W	1:30-1:55pm	\$27/\$34
December 1-December 22			
2016.517	F	1-1:25pm	\$27/\$34
November 19-December 17			
2016.718	Su	11:30-11:55am	\$27/\$34



YOUTH AQUATICS

Level 1 – Ages 6 & up

This Red Cross course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl, and safety skills.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 18-October 11			
2021.101	M/W	6-6:30pm	\$54/\$68
Session 2, October 16-November 8			
2021.102	M/W	6-6:30pm	\$54/\$68
Session 3, November 20-December 13			
2021.103	M/W	6-6:30pm	\$54/\$68
Session 1, September 19-October 12			
2021.204	T/Th	5-5:30pm	\$54/\$68
Session 2, October 17-November 9			
2021.205	T/Th	5-5:30pm	\$54/\$68
Session 3, November 21-December 19			
2021.206	T/Th	5-5:30pm	\$54/\$68
September 16-November 11			
2021.607	Sa	11-11:30am	\$54/\$68
September 17-November 12			
2021.708	Su	11:30am-12pm	\$54/\$68

Mini Sessions

4, 30 minute sessions

Class	Day	Time	TOH/NR
November 18-December 16			
2021.609	Sa	11-11:30am	\$27/\$34
November 19-December 17			
2021.710	Su	11:30am-12pm	\$27/\$34

Level 2 – Ages 6 & up

This Red Cross course builds on the fundamental skills learned in Level 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back and increased safety skills.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 18-October 11			
2022.101	M/W	6:30-7pm	\$54/\$68
Session 2, October 16-November 8			
2022.102	M/W	6:30-7pm	\$54/\$68
Session 3, November 20-December 13			
2022.103	M/W	6:30-7pm	\$54/\$68
Session 1, September 19-October 12			
2022.204	T/Th	5:30-6pm	\$54/\$68
Session 2, October 17-November 9			
2022.205	T/Th	5:30-6pm	\$54/\$68
Session 3, November 21-December 19			
2022.206	T/Th	5:30-6pm	\$54/\$68
October 16-December 4			
2022.107	M	2-2:30pm	\$54/\$68
September 16-November 11			
2022.608	Sa	10:30-11am	\$54/\$68
September 17-November 12			
2022.709	Su	11-11:30am	\$54/\$68

Mini Sessions

4, 30 minute sessions

Class	Day	Time	TOH/NR
November 18-December 16			
2022.610	Sa	10:30-11am	\$27/\$34
November 19-December 17			
2022.711	Su	11-11:30am	\$27/\$34

Level 3 – Ages 6 & up

This Red Cross course continues to build aquatic skills learned in previous classes. Coordination of front and back crawl, rotary breathing, kneeling dives, and basic rescue skills are taught. Dolphin kick is introduced.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 18-October 11			
2023.101	M/W	5:30-6pm	\$54/\$68
Session 2, October 16-November 8			
2023.102	M/W	5:30-6pm	\$54/\$68
Session 3, November 20-December 13			
2023.103	M/W	5:30-6pm	\$54/\$68
Session 1, September 19-October 12			
2023.204	T/Th	6:30-7pm	\$54/\$68
Session 2, October 17-November 9			
2023.205	T/Th	6:30-7pm	\$54/\$68
Session 3, November 21-December 19			
2023.206	T/Th	6:30-7pm	\$54/\$68
October 16-December 4			
2023.107	M	3:45-4:15pm	\$54/\$68
September 16-November 11			
2023.608	Sa	10-10:30am	\$54/\$68
September 17-November 12			
2023.709	Su	10:30-11am	\$54/\$68

Mini Sessions

4, 30 minute sessions

Class	Day	Time	TOH/NR
November 18-December 16			
2023.610	Sa	10-10:30am	\$27/\$34
November 19-December 17			
2023.711	Su	10:30-11am	\$27/\$34

Birthday Pool Parties!

Plan your child's next birthday celebration at the newly renovated Herndon Community Center.

Party packages include:

- a decorated party room (for one hour)
- balloons
- drinks and cake
- goodie bags
- and of course **unlimited swimming.**

Plus, we can coordinate a party featuring a nature theme. (Details p. 24)

Call 703-787-7300





Level 4 – Ages 6 & up

In this Red Cross course, students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are also introduced.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 18-October 11			
2024.101	M/W	5-5:30pm	\$54/\$68
Session 2, October 16-November 8			
2024.102	M/W	5-5:30pm	\$54/\$68
Session 3, November 20-December 13			
2024.103	M/W	5-5:30pm	\$54/\$68
Session 1, September 19-October 12			
2024.204	T/Th	6-6:30pm	\$54/\$68
Session 2, October 17-November 9			
2024.205	T/Th	6-6:30pm	\$54/\$68
Session 3, November 21-December 19			
2024.206	T/Th	6-6:30pm	\$54/\$68
October 16-December 4			
2024.107	M	3:15-3:45pm	\$54/\$68
September 16-November 11			
2024.608	Sa	9:30-10am	\$54/\$68
September 17-November 12			
2024.709	Su	10-10:30am	\$54/\$68

Mini Sessions

4, 30 minute sessions

Class	Day	Time	TOH/NR
November 18-December 16			
2024.610	Sa	9:30-10am	\$27/\$34
November 19-December 17			
2024.711	Su	10-10:30am	\$27/\$34

Level 5 – Ages 6 & up

Students refine and coordinate the key strokes learned in previous Red Cross courses. Front and back crawl, and elementary backstroke are performed at increased distances. Sidestroke, breaststroke and butterfly are refined. Students learn how to perform open turns at the wall while swimming laps. Deep-water work includes diving, water entries, and treading.

8, 45 minute sessions

Class	Day	Time	TOH/NR
October 16-December 4			
2025.101	M	2:30-3:15pm	\$58/\$73
September 16-November 11			
2025.602	Sa	8:45-9:30am	\$58/\$73

Mini session

4, 45 minute sessions

Class	Day	Time	TOH/NR
November 18-December 16			
2025.603	Sa	8:45-9:30am	\$30/\$37

Youth Developmental Workout

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns, and endurance-building.

- Ages 8 & under must swim 25 yards freestyle without stopping.
- Ages 9-12 must swim 50 yards freestyle without stopping.
- Ages 12-14 must swim 50 yards freestyle and 25 yards backstroke without stopping.

Ages 8 & under

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 17-December 17			
2027.701	Su	11:30am-12:15pm	\$88/\$110
2027.702	Su	5-5:45pm	\$88/\$110
2027.703	Su	6:30-7:15pm	\$88/\$110

Ages 9-12

Class	Day	Time	TOH/NR
September 17-December 17			
2027.704	Su	10:45-11:30am	\$88/\$110
2027.705	Su	5:45-6:30pm	\$88/\$110
2027.706	Su	7:15-8pm	\$88/\$110

Ages 12-14

Class	Day	Time	TOH/NR
September 17-December 17			
2027.707	Su	10-10:45am	\$88/\$110

Volunteers Needed

Volunteers are needed for Adapted Aquatic classes on Fridays from 4:30-5:30pm. Training is provided and classes are led by a trained instructor. This is a great opportunity for students looking for Community Service projects, college students studying adapted physical education or Recreation Therapy. Call Teresa Rodriguez for more information **(703)435-6800 x 2122**.

Adapted Aquatics

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety, and skills that are tailored to the needs of each participant.

Parents: Please pick up a physician referral form at the Aquatics Dept. the first day of class. Parents of youngest age group must be in the water with their child. Parents of older children may have to go in the water if there is a lack of volunteers.

Please call Teresa Rodriguez at **(703)435-6800 ext 2122** if you have any questions regarding this program.
Swim with parent.

Ages 5-8

8, 30 minute sessions

Class	Day	Time	TOH/NR
September 22-November 10			
2028.501	F	4:30-5pm	\$54/\$68

Mini Session

4, 30 minute sessions

Class	Day	Time	TOH/NR
December 1-December 22			
2028.502	F	4:30-5pm	\$27/\$34

Ages 9-16

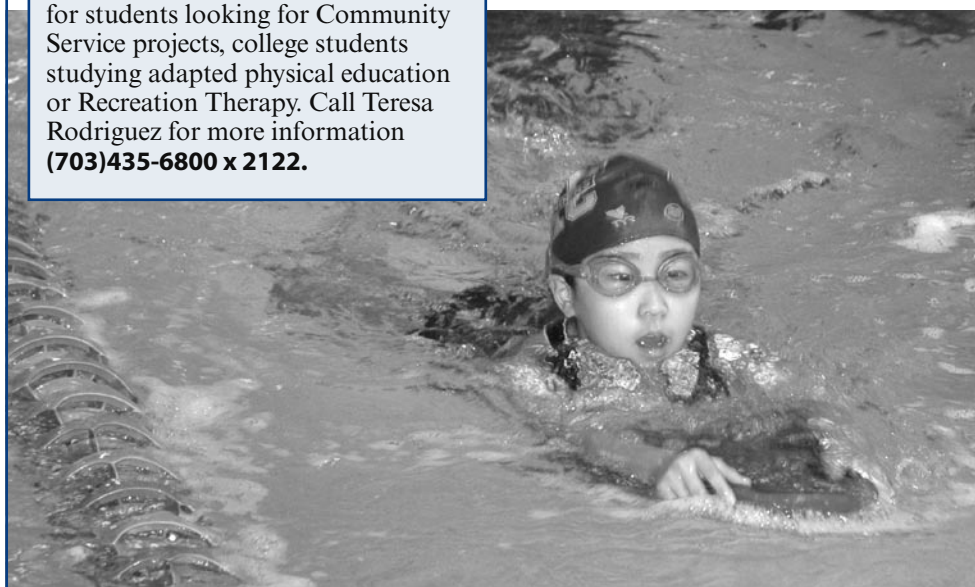
8, 30 minute sessions

Class	Day	Time	TOH/NR
September 22-November 10			
2028.503	F	5-5:30pm	\$54/\$68

Mini Session

4, 30 minute sessions

Class	Day	Time	TOH/NR
December 1-December 22			
2028.504	F	5-5:30pm	\$27/\$34





Diving 1

Introduces divers to the fundamentals of diving, starting with front and back jumps and working through front and back dives. Approaches, hurdles, and entries are also taught.

Ages 7 & up

8, 45 minute sessions

Class	Day	Time	TOH/NR
September 22-November 10			
2029.501	F	4:30-5:15pm	\$58/\$73

Mini session

4, 45 minute sessions

Class	Day	Time	TOH/NR
December 1-December 22			
2029.502	F	4:30-5:15pm	\$30/\$37

Diving 2 – Ages 7 & up

This class is designed for children with previous springboard diving experience. The completion of Beginner 1 Diving or equivalent is strongly recommended. This class will include refinement of front and back dives as well as learning more advanced dives and flips.

8, 45 minute sessions

Class	Day	Time	TOH/NR
September 22-November 10			
2029.503	F	5:15-6pm	\$58/\$73

Mini session

4, 45 minute sessions

Class	Day	Time	TOH/NR
December 1-December 22			
2029.504	F	5:15-6pm	\$30/\$37



SAFETY

Lifeguard Training Class

Ages 15 years & up

This class trains and certifies American Red Cross life-guards. It is the most comprehensive course to date and includes rescue techniques, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years old by the first day to be eligible to enroll. Participants must also pass a pre-course swimming test to remain in the course. The pre-course test includes: a 500-yard continuous swim consisting of 200 yards of freestyle, 100 yards of breaststroke, and 200 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10-pound brick from a depth of 12 feet of water and returning 20 yards with the brick swimming on back using legs only. *Students must attend all class sessions to pass this course!*



1, 2 hour session, plus 6, 8 hour sessions

Class	Day	Time	TOH/NR
2051.101			\$180/\$225
December 23-Pretest			
	Sa	2-4pm	
December 26-December 31			
	T-Su	9am-5pm	

ADULTS – Ages 18 & up

Adult Beginners

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking, and changing position in the water will be taught. Basic stroke technique will be introduced.

8, 45 minute sessions

Class	Day	Time	TOH/NR
September 18-November 6			
2041.101	M	7:15-8pm	\$58/\$73
October 16-December 4			
2041.102	M	10:30-11:15 am	\$58/\$73
September 16-November 11			
2041.603	Sa	10:30-11:15am	\$58/\$73

Mini sessions

4, 45 minute sessions

Class	Day	Time	TOH/NR
November 20-December 11			
2041.104	M	7:15-8pm	\$30/\$37
November 18-December 16			
2041.605	Sa	10:30-11:15am	\$30/\$37

SENIOR SWIM TIME!

Seniors can visit the pool for a reduced rate of \$2 all day Tuesdays!



Adult Advanced Beginner

This class is for students who have passed Adult Beginners or those who are comfortable in the water and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke, and breaststroke. Treading water, and introduction to breathing are included in this class.

8, 45 minute sessions

Class	Day	Time	TOH/NR
September 16-November 11			
2042.601	Sa	11:15am-12pm	\$58/\$73

Mini session

4, 45 minute sessions

Class	Day	Time	TOH/NR
November 18-December 16			
2042.602	Sa	11:15am-12pm	\$30/\$37

Adult Intermediate

This class is for anyone who has completed Adult Advanced Beginner or anyone that is looking for a little stroke improvement. Students will work on stroke refinement, coordination, and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving, and butterfly will be introduced.

8, 45 minute sessions

Class	Day	Time	TOH/NR
October 16-December 4			
2043.101	M	11:15am-12pm	\$58/\$73
September 19-November 7			
2043.202	T	8-8:45 pm	\$58/\$73
September 20-November 8			
2043.303	W	7:15-8pm	\$58/\$73
September 16-November 11			
2043.604	Sa	12-12:45pm	\$58/\$73

Mini sessions

4, 45 minute sessions

Class	Day	Time	TOH/NR
November 21-December 12			
2043.205	T	8-8:45 pm	\$30/\$37
November 22-December 13			
2043.306	W	7:15-8pm	\$30/\$37
November 18-December 16			
2043.607	Sa	12-12:45pm	\$30/\$37



12 Classes

(Wednesday, Friday, or Saturday only)

TOH-\$60/NR-\$75

24 Classes (Two times per week)

TOH-\$120/NR-\$150

36 Classes (Three times per week)

TOH-\$180/NR-\$225

Early Bird Aquatic Exercise

Ages 18 & up

Start your day with this high-intensity, cardiovascular workout! Held in the deep water, participants will wear ankle cuffs to provide buoyancy and resistance. This workout strengthens the core trunk muscles, arms, and legs. *Participants must be comfortable in deep water.*

36, 1 hour sessions

Class	Day	Time	TOH/NR
September 18-December 13			
2049.101	M/W/F	6:30-7:30am	\$180/\$225

Therapeutic Water Workout

Ages 18 & up

This is a low-intensity water exercise program designed for those with arthritis, painful joints, and general weakness. The class focuses on increasing range of motion, mobility, and strengthening. *Rubber-soled water shoes are recommended. Seniors: Please see Senior Citizen Discount information on the registration page.*

24, 1 hour sessions

Class	Day	Time	TOH/NR
September 19-December 12			
2047.101	T/Th	10-11am	\$120/\$150



Senior Water Aerobics

Ages 18 & up

This course is an exercise class for the "Senior Citizen." It promotes fitness, flexibility, and range of motion at an intermediate pace. No swimming experience is necessary to participate. *Rubber-soled water shoes are recommended. Seniors: Please see Senior Citizen Discount information on the registration page.*

24, 1 hour sessions

Class	Day	Time	TOH/NR
September 18-December 11			
2048.101	M/W	9-10am	\$120/\$150

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 22-December 15			
2048.502	F	9-10am	\$60/\$75

Water Aerobics – Ages 18 & up

This is the total water workout. It combines both toning exercises as well as aerobic conditioning. There is a deep-water element, and while no swimming experience is necessary, participants must be comfortable maneuvering in deep water. Kid Care is available during this class, please see page 13. *Rubber-soled water shoes are recommended.*

24, 1 hour sessions

Class	Day	Time	TOH/NR
September 19-December 12			
2044.201	T/Th	9:30-10:30am	\$120/\$150

Water Walking – Ages 18 & up

Join the "Wave of the Future" by water walking! Water walking is a low-impact, aerobic workout that tones muscles in the arms, chest, shoulders, legs, hips, and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants *must* be comfortable in deep water since a portion of the workout is held in the 12-ft. area. *Rubber-soled water shoes are recommended.*

24, 1 hour sessions

Class	Day	Time	TOH/NR
September 18-December 11			
2046.101	M/W	8-9am	\$120/\$150

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 22-December 15			
2046.502	F	8-9am	\$60/\$75

Deep Water 1 – Ages 18 & up

A high-intensity, no-impact, cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary but participants *must* be comfortable in deep water.

24, 1 hour sessions

Class	Day	Time	TOH/NR
September 18-December 11			
2045.101	M/W	6:30-7:30pm	\$120/\$150
September 19-December 12			
2045.202	T/Th	8:30-9:30am	\$120/\$150
2045.203	T/Th	7:30-8:30pm	\$120/\$150

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 16-December 16			
2045.604	Sa	8-9am	\$60/\$75

Deep Water 2 – Ages 18 & up

This is the ultimate cardio challenge. This is a fast-paced, high-intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any device and should have previously taken Deep Water 1.

24, 1 hour sessions

Class	Day	Time	TOH/NR
September 18-December 11			
2045.105	M/W	7:30-8:30pm	\$120/\$150
September 19-December 12			
2045.206	T/Th	6:30-7:30pm	\$120/\$150



Aqua Ai Chi – Ages 18 & up

This new water exercise class combines the principles of aquatic exercise, muscular strengthening, and stretching, by using a combination of simple exercises and relaxation techniques. Exercises are performed slowly in a natural and flowing progression using the arms, legs, and torso. Benefits of Ai Chi include increased metabolism and circulation and improved balance and flexibility. Come and see what Ai Chi can do for you.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 20-December 13			
2050.301	W	11am-12pm	\$60/\$75



Passholders and those paying the daily admission fee are eligible to take any of our fitness and aerobics classes at no additional charge. Some classes may reach capacity or have limited specialty equipment available for drop in students. See page 19 for details on becoming a passholder and receiving all the benefits the Herndon Community Center offers for your health and fitness needs.

**No Classes October 7-8,
November 23-26, December 3**

STRENGTH AND FITNESS CLASSES

Total Body Conditioning

This class is a total body strength class, which includes balance, functional core stability, and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga and Pilates based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation! A total body strength workout to jump-start your metabolism!

27, 1 hour sessions

Class	Day	Time	TOH/NR
September 18–December 18			
2241.101	M/W	9-10am	\$98/\$122
2241.102	M/W	6-7pm	\$98/\$122
2241.103	M/W	7:10-8:10pm	\$98/\$122

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 19–December 5			
2241.104	T	7-8pm	\$43/\$54

AB Core

Get ready to work and feel your muscles to the core! This powerful strength class will build core stability as you strengthen your trunk muscles. A variety of equipment will be used such as stability balls, tubes, bodyweight, and more in a format focusing on slow, controlled movements.

26, 45 minute sessions

Class	Day	Time	TOH/NR
September 19–December 19			
2241.201	T/Th	12-12:45pm	\$94/\$117

Kid Care Available!
See page 13.

Beginner Strength & Sculpt

Tone your upper and lower body with this beginner strength training class for people who have little or no knowledge of strength training. Using light weights and resistance tubing, this class will focus on proper form and sculpting specific muscle groups with gradually increasing repetitions/weight. This is a non-aerobic class. *Seniors: Please see the senior discount information on the registration page.*

26, 1 hour sessions

Class	Day	Time	TOH/NR
September 19–December 19			
2244.100	T/Th	11am-12pm	\$94/\$117

FLOOR AEROBIC CLASSES

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics combined with cardio kickboxing moves to get your body moving and your heart pumping followed by 25 minutes of strength and flexibility work to strengthen, tone, and define your muscles. Put on your cross training shoes, and come have a blast!

26, 1 hour sessions

Class	Day	Time	TOH/NR
September 19–December 19			
2242.102	T/Th	7:15-8:15pm	\$94/\$117

Cardio Kickboxing

Give your body the total workout! Using basic kicks, punches, and some martial arts training techniques, you'll see gains in agility, strength, balance, coordination, and cardio fitness. It's a fun, cardio-based class that will literally kick your butt into shape!

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 21–December 14			
2242.103	Th	7-8pm	\$101/\$126

**Consider becoming a
pass holder for even
more fitness benefits!**

Get up and get moving!

Regular exercise has been proven to help prevent illness, reduce the risk of injury, relieve stress and just make you feel better. Our fitness classes have been designed to include elements of strength and flexibility training with cardiovascular exercise to give you an excellent workout. Whether you are looking to try something new, or have been exercising for years, our fitness programs will be able to meet all your needs. Babysitting is available, and please consult your doctor prior to starting any exercise program.

**Exercise, Health & Fitness
Classes are designed for
ages 16 & up.**

Please bring a fitness mat!

**Make sure to register early to
guarantee your space in a fitness
class. These sessions are always
popular, and we don't want you to
miss out!**

COMBINATION FLOOR & STEP AEROBICS

Step and Stability Ball

This energizing class is a combination of cardio step and core strength training using the stability balls. These two together will burn lots of calories and get your heart pumping. The stability balls are excellent for building core strength and improving everyday, functional movements.

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 20–December 5			
2242.202	W	12-12:45pm	\$43/\$54

Cardio Plus

Step! Hi-Lo! Work your heart, and burn the fat! Emphasis is on the cardio, but you will have the chance to work your muscles with weights and self-resistance—a perfect balance! This is a fun class, and you will love the results.

26, 1.25 hour sessions

Class	Day	Time	TOH/NR
September 19–December 19			
2242.201	T/Th	9:30-10:45am	\$118/\$147

SCHEDULE OF LAND FITNESS CLASSES All these classes are included with the general admission fee.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7 Step & Sculpt		6-7 Step & Sculpt	6-7 Step & Sculpt	
	9-10 Total Body Conditioning		9-10 Total Body Conditioning		9:15-10:15 Step & Sculpt Inter.	9-10 Cardio Blast
9:30-10:30 Total Body Conditioning		9:30-10:45 Cardio Plus		9:30-10:45 Cardio Plus		
11-12 Step & Sculpt Inter/Adv		11-12 Beg. Strength & Sculpt		11-12 Beg. Strength & Sculpt		
		12-12:45 AB Core	12-12:45 Step and Stability Ball	12-12:45 AB Core		
	6-7 Total Body Conditioning	5:50-6:50 Step & Sculpt	6-7 Total Body Conditioning	5:50-6:50 Step & Sculpt		
	7:10-8:10 Total Body Conditioning	7-8 Total Body Conditioning	7:10-8:10 Total Body Conditioning			
	7:15-8:15 Step & Sculpt	7:15-8:15 Cardio Blast	7:15-8:15 Step & Sculpt	7-8 Cardio Kickboxing		
				7:15-8:15 Cardio Blast		

STEP AEROBIC CLASSES

Step & Sculpt

Get the best of both worlds! This class will get your heart pumping and leave you feeling strong. Forty minutes of calorie burning step, along with sculpting and strengthening your muscles using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

26, 1 hour sessions

Class	Day	Time	TOH/NR
September 19–December 19			
2242.204	T/Th	5:50-6:50pm	\$94/\$117

"EARLY BIRD" WORKOUTS

Designed so you can workout, shower, dress and still get to work on time. Sessions include locker room privileges.

Step & Sculpt

26, 1 hour sessions

Class	Day	Time	TOH/NR
September 19–December 19			
2243.101	T/Th	6-7am	\$94/\$117

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 22–December 15			
2243.102	F	6-7am	\$43/\$54

WEEKEND WARRIORS

Step & Sculpt Intermediate

The same great class, but with a raised level of intensity.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 22–December 15			
2243.103	F	9:15-10:15am	\$43/\$54

Step and Sculpt Advanced

11, 1 hour sessions

Class	Day	Time	TOH/NR
September 17–December 17			
2243.104	Su	11am-12pm	\$40/\$50

Total Body Conditioning

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 17–December 16			
2243.106	Su	9:30-10:30am	\$43/\$54

Cardio Blast

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 16–December 16			
2243.105	Sa	9-10am	\$43/\$54



Boot Camp for Women & Men

Dedication Determination Motivation Fun!

Suitable for Beginner, Intermediate & Advanced Levels

Monday-Friday, 6-7am & 7:30-8:30am

Some Sessions may be held indoors in the event of inclement weather.

Check our updated listing on

www.fitnessresults.com or call
1-877-62SHAPE for more
information.



Guaranteed results!

Held at Herndon Community Center

Kid Care services available, see page 13.





Kid Care

Take advantage of the expanded drop off babysitting service, run by capable and friendly staff.

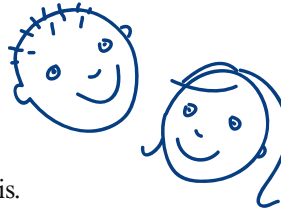
**Monday-Friday 7-10am and 5-8:30pm
Saturday and Sunday 9am-12pm**

- \$4 for 2 hours
- \$45 for 15 visit punch pass
- \$60 for 25 visit punch pass.

Drop-ins are admitted daily on a space-available basis.

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout, or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule, and convenient punch-passes simplify the registration and payment process. *Sorry, staff will not change diapers.*

NOTE: Parents or guardians must be registered for a recreation class at the community center during Kid Care or be using the center's facilities. Parents must stay in the building the entire time. There is a two-hour limit for children participating in the babysitting service.



FALL 2006 OPEN GYM SCHEDULE

Monday	11:30am-2 pm	Adult Basketball
	8:15-10:30 pm	Adult Basketball
Tuesday	12-2 pm	Adult Basketball
	5:30-7 & 8:15-10:30 pm	1/2 Adult Basketball & 1/2 Adult Volleyball
Wednesday	11:30am-2 pm	Adult Basketball
	8:15-10:30 pm	Adult Volleyball
Thursday	12-2 pm	Adult Basketball
	5:30-7 & 8:15-10:30 pm	Adult Basketball
Friday	12-2 pm	1/2 Adult Basketball
	7-10:30 pm*	1/2 Adult Basketball & 1/2 Adult Volleyball
Saturday	12-5 pm	1/2 Adult Basketball & 1/2 Youth Basketball
Sunday	8am-1pm	Adult Basketball
	1-4pm	1/2 Youth Basketball & 1/2 Adult Basketball
	4-8pm	1/2 Adult Volleyball & 1/2 Adult Basketball

Youth = 17 years & under

Subject to change. Check monthly schedule.

*Canceled during Teen Nights

Thursday Night Volleyball – Ages 17 & up

Get your bumps, sets, and spikes in this fall by participating in the HTNV (Herndon Thursday Night Volleyball) League. The league will run every Thursday evening at the Herndon Community Center from 8:30–10:30pm. The league will consist of coed 4's following regular USVB Rules. Roster may have a minimum of 4 and a maximum of 8 players.

Team Entry Fee: \$150; Individual Entry Fee: \$30

Informational Meeting: Wednesday, September 27, 8pm at the Herndon Community Center

Registration Deadline: Monday, October 2

Play Begins: Thursday, October 5

Will not meet October 7-8, November 23-26, December 3



Gymside & Trailside Walkers

Walking can add years to your life and life to your years. Gymside and Trailside Walkers have indoor and outdoor trails set up for walking, so no matter what the weather is you can still walk. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

Monday – Friday 7:30- 9am

RACQUETBALL LEAGUE

Ages 17 & up

Join our league, and meet others who share your love of racquetball. You are provided a weekly schedule, and then you arrange a match with your opponent at your mutual convenience. The season consists of ten games in an eight-week, regular season. Playoffs will follow the regular season. Failure to play within the week or report scores is considered a forfeit.

Divisions:

2743.102-Intermediate

2743.103-Advanced

Awards to top two finishers in each division.

Court fees are included in registration fee. Players receive a punch card to be used during the season.

Informational meeting: Thursday, September 21 – 7:00pm at the Herndon Community Center

Registration deadline:

Monday, September 25

First week of play begins:

Sunday, October 1st

TOH-\$70 /NR-\$77



Get ready for Basketball Season —

It's right around the corner!

Watch for the winter brochure for more information. Registration will begin mid-December; play begins mid-January.



**No Classes Oct. 7-8,
Nov. 23-26, and Dec. 3**

Kundalini Yoga – Ages 16 & up

Suitable for beginners and all levels. Kundalini Yoga is an ancient system of self-healing using rhythmic breathing, yoga sets (series of postures), guided relaxation, and meditation to help relieve stress and tension, while also creating a healthy body. Wear comfortable clothing and bring a yoga mat at least 3/16" thick, and a lightweight blanket.

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 18-December 4			
2247.101	M	7:30-9pm	\$86/\$108

7, 1.5 hours sessions

Class	Day	Time	TOH/NR
September 21-November 2			
2247.102	Th	7-8:30pm	\$46/\$58

6, 1.5 hour sessions

Class	Day	Time	TOH/NR
November 9-December 21			
2247.103	Th	7-8:30pm	\$40/\$50

Pilates – Ages 16 & up

A union of body and mind to create a more streamlined shape by using stretching and strengthening exercises to tone muscle, improve posture, and provide flexibility and balance. Some benefits include flatter abs, longer, leaner muscles, heightened body awareness, enhanced athletic performance, and injury prevention. Wear comfortable clothing and bring a Pilates mat at least 3/16" thick, and a lightweight blanket.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 20-December 6			
2247.104	W	6-7pm	\$67/\$84

Hatha Yoga – Ages 16 & up

Hatha yoga uses a combination of breathing techniques and physical postures, called "asanas," to release tension in the body and relieve stress while building strength, increasing flexibility, and endurance. Wear comfortable clothing, and bring a yoga mat at least 3/16" thick, and a lightweight blanket. Classes are appropriate for beginning or continuing students, with the exception of Intermediate Yoga. At least one previous session of yoga at HCC or previous yoga experience is required to register for Intermediate Yoga.

Beginner

11, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 17-December 17			
2247.105	Su	1:15-2:45pm	\$79/\$99

Intermediate

11, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 17-December 17			
2247.110	Su	11:45am-1:15pm	\$79/\$99

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 20-December 6			
2247.106	W	7-8pm	\$67/\$84

Lunch Time Yoga – Ages 16 & up

Leave the demands of work behind for a while by taking this course offered conveniently at lunch time. Our instructor will help you focus and re-energize yourself by using controlled breathing and meditation. After taking this class you will see how 45 minutes can change your entire week. Wear comfortable clothing and bring a yoga mat at least 3/16" thick, and a lightweight blanket.

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 19-December 5			
2247.107	T	12:15-1pm	\$58/\$72



Lunch Time Pilates – Ages 16 & up

Instead of going out for lunch, come inside the Herndon Community Center for a quick and effective workout. By using stretching and strengthening exercises to tone muscle, improve posture, and provide flexibility, you'll get a great core workout that will help you achieve flatter abs, longer leaner muscles, heightened body awareness, and enhance your athletic performance. Wear comfortable clothing, and bring a Pilates mat at least 3/16" thick, and a lightweight blanket.

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 20-December 6			
2247.108	W	12-12:45pm	\$58/\$72

Feldenkrais (Awareness Through Movement Method) – Ages 16 & up

This is a method of movement re-education that teaches people to move with greater ease and with less effort, making daily life easier. In the Awareness Through Movement group lessons, the instructor verbally guides students through a sequence of gentle movements, so they learn to let go of limiting habits. This technique will help to ease chronic problems, minimize pain, enhance flexibility, balance and coordination. This class is suitable for young and old. Wear comfortable clothing, and bring a mat at least 3/16" thick, and a lightweight blanket.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 19-December 5			
2247.201	T	6-7pm	\$67/\$84

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 21-December 14			
2247.202	Th	12-12:45pm	\$58/\$72

Part-Time Seasonal Opportunities Available

Are you looking for part-time work close to home? Do you have an interest or skill you can share with others? The Herndon Parks and Recreation Department is seeking enthusiastic and skilled individuals to fill a variety of instructor positions. Days and hours are generally flexible to meet your schedule and hourly wage is based on training, certification and/or experience. Or share your hobby or interest – we are always looking for something new to offer.

Contact the Herndon Community Center at 703-787-7300 for more detailed information, an application or download one from our website: www.herndon-va.gov and click on Employment. Share your talent – TEACH!



Fencing – Ages 9 & up

Try something new and exciting this fall. The sport of fencing is suitable to all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

11, 2 hour sessions

Class	Day	Time	TOH/NR
September 17-December 17			
2764.101	Su	6-8pm	\$66/\$83

Shotokan Karate – Ages 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata), and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light comfortable “workout” clothes. An optional test for rank will be given at the end of the session for an additional fee.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 22-December 15			
2767.101	F	7:05-8:05pm	\$48/\$60

Intro to Tae Kwon Do – Ages 7-14

Tae Kwon Do is the world’s most popular martial art and new Olympic sport. Its popularity is due to its many physical benefits (strength, aerobics, flexibility, agility) and even more important mental benefits (enhanced focus, confidence, discipline, and respect). TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker’s movements against him). Instruction provided through H.K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

14, 1 hour sessions

Class	Day	Time	TOH/NR
September 20-December 20			
2227.101	W	6-7pm	\$84/\$105



Turkey Trot 5K



Packet pick up and race day registration 2-3:30pm

Long-sleeve T-shirts guaranteed to the first 500 pre-registered runners. Must pick up packet and t-shirt the day of the race. No packets or t-shirts will be available after race day.

Prizes to 1st and 2nd-place winners in the following age groups:

10 & under, 11-14, 15-19, 20-29 30-39, 40-49, 50-59, 60-69 and 70 & over.

A turkey and all the trimmings will be given to the overall male and female winners.

Registration forms will be available at the Herndon Community Center beginning Sept. 19. On-line registration available at: www.active.com.

Saturday, November 18

Race starts at 4pm



Pre-registration-\$10 and a can of food for donation

Race-Day Registration-Adults \$15 and a can of food for donation

Youth Ages 18 & Under - \$10 and a can of food for donation

All food will be donated to LINK

Sponsored by:

FOOTSTEPS
Of Reston
"We Run this town" ®

Kids at Hope



Kids at Hope is a youth development strategy that centers around a belief system in which all children are capable of success, NO EXCEPTIONS! In the Herndon community, we are setting this as our vision for the future, as we seek to form a culture around our children to positively support and enhance our schools, our youth-development centers, organizations, programs and families.

Helping young people understand where their futures lie, what skills are required, having someone believe in you more than you believe in yourself, and creating opportunities for success are hallmarks of the Kids at Hope culture. Kids at Hope also encourages all adults in the community to commit to becoming a Treasure Hunter -- a caring parent or adult who searches beneath the surface seeking to identify and promote the talents and strengths of all children and youth. This unique youth development approach results in hope and optimism for both the children and the caring adults who work with them. Herndon Parks and Recreation Department encourages everyone in our community to become a Treasure Hunter. Learn more about Kids at Hope at www.kidsathope.org or become involved locally by contacting Catherine Pressler (drmclp@verizon.net).



No Classes October 7-8, November 23-25

Our program includes instruction in floor exercise, balance beam, uneven parallel bars, and vaulting. Children are grouped by age and ability. Students advance based on skill and form. Levels should be repeated to acquire the skills needed to advance. Instructors reserve the right to suggest appropriate level based on skill reviews. Separate classes have been designed for boys and girls due to the different areas of specialization.

Gymnastics Guidelines

Beginning: No experience necessary

Advanced Beginner: Cartwheels/Not afraid to go upside down on bars/
Walk on high beams

Advanced Beginner II: Pullover/
Round-off/Squatover

Intermediate: Handstand/Kickover/
Squat-on/Pullover/Bridge kickover/
Cartwheel on low beam

Advanced: Back walkover/Cartwheel
(high beam)/pullover

GYMNASTICS FOR GIRLS

Beginner – Ages 5-8

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 18–December 4			
2722.103	M	3-4pm	\$62/\$78
2722.104	M	4-5pm	\$62/\$78
September 20–December 6			
2722.105	W	6-7pm	\$62/\$78
September 22–December 15			
2722.106	F	4:30-5:30pm	\$62/\$78
September 16–December 16			
2722.109	Sa	11am-12pm	\$62/\$78
2722.110	Sa	12-1pm	\$62/\$78

Ages 6-11

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 16–December 16			
2722.119	Sa	12-1:30pm	\$94/\$117
September 18–December 4			
2722.112	M	4-5:30pm	\$94/\$117
September 20–December 6			
2722.113	W	4:30-6pm	\$94/\$117
September 22–December 15			
2722.114	F	5:30-7pm	\$94/\$117

Advanced Beginner II – Ages 6-11

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 18–December 4			
2722.115	M	5:30-7pm	\$94/\$117

Intermediate – Ages 6 & up

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 18–December 4			
2722.116	M	5:30-7pm	\$94/\$117

Advanced – Ages 6 & up

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 18–December 4			
2722.117	M	5:30-7pm	\$94/\$117

Intermediate/Advanced

Ages 6 & up

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 22–December 15			
2722.118	F	5:30-7pm	\$94/\$117

GYMNASTICS FOR BOYS

Instruction in floor exercise, parallel bars, and vaulting. As boys specialize in different events than girls, only boys may register for these classes.

All Levels – Ages 5-8

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 18–December 4			
2722.301	M	3-4pm	\$62/\$78
September 20–December 6			
2722.302	W	6-7pm	\$62/\$78
September 22–December 15			
2722.303	F	4:30-5:30pm	\$62/\$78

Intermediate – Ages 7-10

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 20–December 6			
2722.304	W	6-7pm	\$62/\$78

GYMNASTICS FOR YOUNG BEGINNERS (BOYS & GIRLS)

Ages 4-6

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 21–December 14			
2722.305	Th	9:15-10am	\$62/\$78



Photo by Luan Ngo

JOIN THE MUNCHKATEERS

A coed movement program combining fitness, elementary gymnastics, rhythm, and games. Develop your child's motor coordination, strength, and flexibility. All classes are structured, and children should be ready for group instruction.

Parent-Child Munchkateers

Ages 2-3

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 19–December 5			
2712.202	T	9:15-10am	\$62/\$78
September 22–December 15			
2712.200	F	10:30-11:15am	\$62/\$78
2712.201	F	11:30am-12:15pm	\$62/\$78
September 16–December 16			
2712.208	Sa	10-10:45am	\$62/\$78

Munchkateers I – Ages 3-4

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 18–December 4			
2712.203	M	10:30-11:15am	\$62/\$78
September 19–December 5			
2712.204	T	11:15am-12pm	\$62/\$78
September 21–December 14			
2712.205	Th	11:15am-12pm	\$62/\$78
September 22–December 15			
2712.206	F	9:30-10:15am	\$62/\$78
September 16–December 16			
2712.207	Sa	9-9:45am	\$62/\$78

Munchkateers II – Ages 4-5

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 18–December 4			
2713.200	M	11:15am-12pm	\$62/\$78
September 19–December 5			
2713.201	T	10:15-11am	\$62/\$78
September 21–December 14			
2713.202	Th	10:15-11am	\$62/\$78
September 22–December 15			
2713.203	F	12:30-1:15pm	\$62/\$78



Teens!



It's back to school and homework, but that doesn't mean there's no fun to be had. The HCC Teen Room is dedicated to middle school students every weekday afternoon from 2:30 - 6 pm.

Featuring **computers**, a **wide screen TV** and **stereo system**, it's a place to chill out and enjoy being with your friends. Access also includes **open gym time** and use of the **game room**, plus **special events** and **activities** scheduled each week planned by our staff with your input.

Purchase a \$15 Teen Club Membership and take advantage of all the cool stuff the center has just for you!

You must purchase an Club Membership card before participating in any of the after school programs and activities and present it for admission. Join anytime during center hours - and get yours today!

Beginning Monday, September 25th!

Teen Club
Only
15 Bucks!



TEEN FRIDAY NIGHTS

Middle School Students ONLY

Here's your chance for exclusive use of the Teen Room and Game Room and of course, room to dance and mingle with friends on Teen Friday Nights at the newly-renovated Herndon Community Center.

8:00-10:30pm

\$4/advance* \$5/at door**

*Tickets will be sold at the Herndon Middle School the Thursday and Friday before.

**Must present school ID or have a parent present when purchasing admission at the door.

Teen Night Kick-Off Party
September 29

Halloween Dance
October 27

Teen Night
November 10

Dance Dance Revolution
December 15



SIX FLAGS FRIGHT FEST!

Ages 12-15

TEENS! Come celebrate Halloween at Six Flags as they transform the park into the biggest Fright Fest you have ever seen! As the day gets dark, the park lights up! Trip includes transportation by 15-passenger van, driver/escort, and park ticket.

*Chaperones are welcome (must pay admission).

October 28
Sat. 12-10pm
\$47
2830.601



TEEN CINEMA

You're invited for an afternoon of popcorn, candy and a movie—on the 2nd and 4th Wednesday of every month. This is a great way to see friends and to make new ones! Enjoy a feature film, new release or classic. All movies are rated PG or PG-13. Films subject to change, to find out what's playing check the schedule in the Teen Room. Show begins at 2:45pm. Teen Club card required for admission.

Ages 12 & up

9/27	Failure to Launch
10/11	Glory Road
10/25	Flight Plan
11/8	Red Eye
11/22	Brothers Grim
12/13	Mr. & Mrs. Smith
12/27	Christmas with the Kranks

Enjoy the 56,200 sq. ft. newly renov



*You're invited to
join us this fall as
we celebrate the
reopening of the
newly renovated
Herndon
Community
Center!
Watch for more
details at*

www.herndon-va.gov

- ◆ Ribbon cutting and remarks
- ◆ Refreshments and Cake Cutting
- ◆ Center Tours
- ◆ Program Demonstrations and Meet the Staff
- ◆ Sign up for Fall Classes
- ◆ Purchase Your Annual Pass

The Herndon Community Center will feature:

- Increased multi-purpose room space
- Arts & crafts room with separate kiln area
- Expanded fitness room with new fitness equipment
- Larger game room
- New Kid Care
- Redesigned kitchen
- Larger preschool room
- New teen room
- Now one entrance to the building
- Additional parking – 60 new spaces

New classes include lunchtime ab core and stability ball fitness classes, yoga, pilates and feldenkreis, pottery for youth and adults, cooking classes galore, and a whole slate of your favorite classes and activities.

The HCC will be closed August 21-September 15 to finalize the renovation.

ated Herndon Community Center



Improved Fitness Room!

The Herndon Community Center now has a new and improved Fitness Room. Larger and more spacious than before! We have added state of the art fitness equipment including treadmills, elliptical machines, ergo meter rowing machines and an Olympic multi-use bench. Built in sound system and closed circuit television, plus overhead ceiling fans and natural lighting through windows make your workout enjoyable in friendly and inviting surroundings

More Benefits!

- ◆ No initiation fee or membership contract
- ◆ Full time fitness specialist to consult with you on health and fitness goals, fitness plans, introduce you to the fitness equipment, and provide general assistance.
- ◆ Passholders and daily admission patrons entitled to select land aerobic classes at no additional charge
- ◆ Annual passholders receive an additional 10% discount on all classes
- ◆ Annual and 6-month passholders receive three sessions free with a personal fitness trainer
- ◆ Induction to the facility's cardiovascular machines, free weights, and Cybex machines provided on scheduled dates each month
- ◆ Additional free weight equipment for those wanting to add a little more challenge to their workout
- ◆ Personal training sessions, water fitness, yoga, pilates, and babysitting available for an additional fee
- ◆ Convenient location
- ◆ Open early at 6am M-F and open late until 10:30pm M-F
- ◆ Admission allows access to the pool, gym and showers, lockers and sauna

Personal Training Services

Personal training services now offered in the HCC Fitness Room. Staff available 7 days a week offering:

- Individual personal training in 30 and 60 minute sessions
- Personal fitness plan development
- General consultation of health and fitness goals
- Small group training classes
- Complementary introductions to the fitness equipment conducted several times each month
- Specialized programming
- 3 personal complementary training sessions for all annual and 6-month pass holders

Planning a *Special Event* or a meeting?

Come see the newly renovated meeting spaces and catering kitchen at the Herndon Community Center. The Center can accommodate sit-down functions up to 375 people or provide meeting space for up to 100 people. Each room is equipped with tables, chairs and a stage in the larger rooms. Call **703-787-7300** to arrange a tour of our facilities.

In addition, the Town operates the Industrial Strength Theatre that seats 100 people.



OUTDOOR TENNIS CLASSES

Adult and youth tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories listed on page 21 before registering for classes.

Completion of a session does not automatically qualify the student to advance to the next level of classes. Please consult your instructor before registering for class. The HPRD tennis program reserves the right to dismiss a student from a class if they are below the skill level, based on the NTRP ratings, necessary to complete the class.

Students must provide their own racquet, two new cans of tennis balls, and may wear athletic footwear, only.

PEE WEE

Outdoor Pee Wee Tennis

Ages 4-5

An innovative program providing the necessary essentials for even the youngest tennis players.

8, 30 minute sessions

Class	Day	Time	TOH/NR
September 11-October 4			
2712.111	M/W	9:30-10am	\$27/\$34
September 11-October 4			
2712.112	M/W	10:10-10:40am	\$27/\$34
September 12-October 5			
2712.114	T/Th	4-4:30pm	\$27/\$34
September 12-October 5			
2712.115	T/Th	4:30-5pm	\$27/\$34



YOUTH

Beginner – Ages 6-8 (1.0-1.5)

8, 45 minute sessions

Class	Day	Time	TOH/NR
September 11-October 4			
2727.117	M/W	5-5:45pm	\$42/\$52
September 16-November 11			
2727.116	Sa	9-9:45am	\$42/\$52
September 12-October 5			
2727.119	T/Th	5:15-6pm	\$42/\$52

Beginner – Ages 9-15 (1.0-1.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 16-November 11			
2721.115	Sa	10-11am	\$42/\$52
September 12-October 5			
2721.118	T/Th	6-7 pm	\$42/\$52

Advanced Beginner

Ages 6-8 (2.0-2.5)

8, 45 minute sessions

Class	Day	Time	TOH/NR
September 16-November 11			
2727.120	Sa	11-11:45am	\$42/\$52

Advanced Beginner

Ages 9-15 (2.0-2.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 11-October 4			
2721.111	M/W	6-7pm	\$42/\$52
September 12-October 5			
2721.120	T/Th	7-8pm	\$42/\$52

Intermediate – Ages 9-15 (3.0-3.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 11-October 4			
2721.112	M/W	7-8pm	\$42/\$52
September 16-November 11			
2721.113	Sa	11am-12pm	\$42/\$52

Intermediate & Advanced Drills & Strategy – Ages 9-15 (3.5-4.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 16-November 11			
2721.114	Sa	12-1pm	\$42/\$52

Inclement Weather Policy

A decision on tennis classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions.

Reminder: Although it may not be raining at the time of your class, earlier rain may have left the courts unplayable. Please call **703-435-6866** for information. Classes will be made up at the end of the session at the regularly scheduled class time.

ADULTS – 16 & OLDER

Beginner – (1.0-1.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 11-October 4			
2761.122	M/W	6-7pm	\$42/\$52
September 16-November 11			
2761.121	Sa	8-9am	\$42/\$52

Advanced Beginner – (2.0-2.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 11-October 4			
2761.127	M/W	7-8pm	\$42/\$52
September 16-November 11			
2761.128	Sa	9-10am	\$42/\$52

Intermediate Drills & Strategy – (3.0-3.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 11-October 4			
2761.124	M/W	8-9pm	\$42/\$52
September 16-November 11			
2761.125	Sa	10-11am	\$42/\$52

Doubles Play and Strategy

(All levels)

Come with a partner, or be paired with one during sessions. These classes will help to develop your skills while teaching you how to play as a team. Men's, women's, and mixed doubles players are welcome.

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 11-October 4			
2791.111	M/W	10-11am	\$42/\$52
October 9-November 1			
2791.112	M/W	10-11am	\$42/\$52

FIT & OVER 50 TENNIS

Ages 50 & up (all levels)

Feel young, and keep your body in shape by taking part in our senior tennis program. Beginners through seasoned players are welcome. Players are grouped according to skill.

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 11-October 4			
2761.527	M/W	9-10am	\$42/\$52
October 9-November 1			
2761.528	M/W	9-10am	\$42/\$52



The Herndon Fall Outdoor Tennis Tournament

**September 5–10
at Bready Park**

Entry Deadline is Thursday, August 31.

The draw will be available at the Herndon Community Center, or by calling 703-787-7300, after 5 pm on Friday, September 1. It is each player's responsibility to find out the times of their matches. Weekend matches can be played at anytime after 9am, and all weekday matches will be held in the evening, with the earliest matches starting at 5pm.

\$18 Singles

\$25 Doubles (per team)

Divisions:

Men's 18 and Over:

2761.111 Singles A (3.5 & Above)
2761.113 Singles B (Below 3.5)

Doubles:

2761.304 Men's Doubles (16 & over)
2761.305 Mixed Doubles (16 & over)

Boys:

2761.401 14 & Under Singles
2761.402 11 & Under Singles

Girls:

2761.404 14 & Under Singles

For more information, please call

703-435-6800 x2106

NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

For those just starting to play tennis. Instruction and practice is focused on getting the ball over the net and proper stroke technique.

2.0-2.5 Advanced Beginner

Student has the ability to hit balls that don't require any movement to get into position. He/she is learning to judge the bounce of the ball and to move into position to hit the ball. Instruction and practice is focused on proper stroke technique while moving to the ball and hitting balls at different pace, height, and depth.

3.0-3.5 Intermediate

Student uses accepted technique for ground strokes and serves and has the ability to hit balls that require movement and positioning. Student is fairly consistent when hitting medium paced shots, but is not comfortable with all strokes and lacks execution when trying for direction, depth, and power. Student must be able to sustain a rally with ground strokes and volleys. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and practice.

4.0-4.5 Advanced

Student has dependable strokes including directional control and depth in both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and play.

Bready Park Tennis Court Reservation Policy

Outdoor tennis courts are available on a first-come, first-served basis April 1-October 31. Tennis court lights provided at no charge Monday-Friday until 10 p.m and Saturday and Sunday until 8 p.m.

There will be a charge for those making advance reservations to use the courts; reservations must be made at least four hours in advance of the requested court time and the fee for reserving a court is \$8 per hour.

Between November 1 - March 31, courts at the outdoor facility will be available free of charge during regular hours of operation. Lights during the winter months are available only by request; advance reservations and lights are available for a fee of \$10 per hour.

If a reservation is desired contact the Herndon Community Center up to 24 hours in advance at **703-787-7300**.

Tennis Court light/reservation fee per court:

April 1 - October 31: \$8/hour November 1-March 31: \$10/hour, including lights

Note: Courts close promptly at 10 p.m.

BREADY PARK INDOOR TENNIS

Monday - Friday: 6am-10:30pm; Saturday & Sunday: 8am-10pm

Open September 25, 2006, through April 22, 2007

	CONTRACT TIME Court cost is per hour	RANDOM TIME*
Prime Time (after 5pm Mon-Fri; Sat & Sun all day):		
Adult TOH Resident	\$24	\$28
Adult Non Resident	\$30	\$34
Non-Prime Time (before 5pm week days):		
Adult TOH Resident	\$20	\$22
Adult Non Resident	\$26	\$28
Youth/Senior TOH	\$18	\$20
Youth/Senior Non Resident	\$22	\$24

*Reservations for random time may be made seven days in advance.

ID required for Town of Herndon Resident rates.

Cancellation Policy:

- A) Before 48 hours of scheduled time of play- NO CHARGE
 - B) 48 to 24 hours from scheduled time of play-\$5 PER RESERVED HOUR
 - C) Within 24 hours from scheduled time of play-FULL COURT FEE.
- All no shows will be financially responsible for FULL COURT FEE.

FLIGHTS

Cost is per player

Men's Singles – 3.5-4.0

14, 90 minute sessions

Class	Day	Time	TOH/NR
September 25-January 8 (14 weeks)			
2743.110	M	9-10:30pm	\$295/\$345
January 15-April 16 (14 weeks)			
2743.111	M	9-10:30pm	\$295/\$345

Men's Doubles – 3.0-4.5

28, 2 hour sessions

Class	Day	Time	TOH/NR
September 26-April 17			
2743.112	T	8:30-10:30pm	\$395/\$475

Women's Doubles – 2.5-3.5

28, 2 hour sessions

Class	Day	Time	TOH/NR
September 27-April 18			
2743.115	W	9-11am	\$325/\$400

INDOOR TENNIS

No Classes November 20-25 & December 23-January 1

PEE WEE TENNIS

Beginner – Ages 4-5

Beginning tennis fundamentals. Pee Wee should come with own tennis racquet (can be purchased at local discount store in sporting section).

SESSION 1

6, 30 minute sessions

Class	Day	Time	TOH/NR
October 12-November 16			
2711.115	Th	4-4:30pm	\$26/\$32
2711.116	Th	4:30-5pm	\$26/\$32

SESSION 2

6, 30 minute sessions

Class	Day	Time	TOH/NR
November 30-January 11			
2711.125	Th	4-4:30pm	\$26/\$32
2711.126	Th	4:30-5pm	\$26/\$32

YOUTH

All students must provide their own racquet and wear tennis shoes. Class ratio will not exceed 7 students to 1 instructor.

Beginner – Ages 6-8

SESSION 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 9-November 13			
2721.111	M	4-5pm	\$50/\$63
October 14-November 18			
2721.112	Sa	9-10am	\$50/\$63

SESSION 2

5, 1 hour sessions

Class	Day	Time	TOH/NR
November 27-Jan. 8			
2721.121	M	4-5pm	\$42/\$53
December 2-January 13			
2721.122	Sa	9-10am	\$42/\$53



Beginner – Ages 9-15

SESSION 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 9-November 13			
2721.211	M	5-6pm	\$50/\$63
October 11-November 15			
2721.212	W	5-6pm	\$50/\$63
October 14-November 18			
2721.213	Sa	10-11am	\$50/\$63

SESSION 2

5, 1 hour sessions

Class	Day	Time	TOH/NR
November 27-January 8			
2721.221	M	5-6pm	\$42/\$53
December 2-January 13			
2721.223	Sa	10-11am	\$42/\$53

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 29-January 10			
2721.222	W	5-6pm	\$50/\$63

Advanced Beginner – Ages 6-8

Must have approval of previous instructor or equivalent playing skills.

SESSION 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 11-November 15			
2721.231	W	4-5pm	\$50/\$63
October 12-November 16			
2721.232	Th	5-6pm	\$50/\$63

SESSION 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 29-January 10			
2721.241	W	4-5pm	\$50/\$63
November 30-January 11			
2721.242	Th	5-6pm	\$50/\$63

Advanced Beginner – Ages 9-15

SESSION 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 10-November 14			
2721.312	T	4-5pm	\$50/\$63
October 13-November 17			
2721.313	F	4-5pm	\$50/\$63
October 14-November 18			
2721.314	Sa	11am-12pm	\$50/\$63

SESSION 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 28-January 9			
2721.322	T	4-5pm	\$50/\$63
December 1-January 12			
2721.323	F	4-5pm	\$50/\$63

5, 1 hour sessions

Class	Day	Time	TOH/NR
December 2-January 13			
2721.324	Sa	11am-12pm	\$42/\$53

USTA SANCTIONED MEN'S OPEN SINGLES TOURNAMENT

Open to all USTA Members

Ages 16-80

December 26-29

Entry deadline December 21

2741.901 \$35 per player



Intermediate – Ages 12-15

Must have approval of previous instructor or tennis manager to register.

SESSION 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 10-November 14			
2721.412	T	5-6pm	\$50/\$63
October 13-November 17			
2721.413	F	5-6pm	\$50/\$63
October 14-November 18			
2721.414	Sa	12-1pm	\$50/\$63

SESSION 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 28-January 9			
2721.422	T	5-6pm	\$50/\$63
December 1-January 12			
2721.423	F	5-6pm	\$50/\$63

5, 1 hour sessions

Class	Day	Time	TOH/NR
December 2-January 13			
2721.424	Sa	12-1pm	\$42/\$53

Advanced – Ages 13 & up

Must have approval of tennis instructor or tennis manager to register.

SESSION 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 14-November 18			
2731.511	Sa	1-2pm	\$50/\$63

SESSION 2

5, 1 hour sessions

Class	Day	Time	TOH/NR
December 2-January 13			
2731.521	Sa	1-2pm	\$42/\$53

Early Bird Tennis

September 25 - April 20, 6-9am
\$425 per player - Unlimited Play
If interested call 703.435.6800 x2110



ADULT – Ages 18 & up

Beginner – (1.0-1.5)

SESSION 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 14-November 18			
2741.113	Sa	9-10am	\$60/\$75

SESSION 2

5, 1 hour sessions

Class	Day	Time	TOH/NR
December 2-January 13			
2741.123	Sa	9-10am	\$50/\$63

Advanced Beginner – (2.0-2.5)

Must have approval of tennis instructor or equivalent playing skills to register.

SESSION 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 9-November 13			
2741.211	M	11am-12pm	\$60/\$75
October 14-November 18			
2741.212	Sa	10-11am	\$60/\$75

SESSION 2

5, 1 hour sessions

Class	Day	Time	TOH/NR
November 27-January 8			
2741.221	M	11am-12pm	\$50/\$63
December 2-January 13			
2741.222	Sa	10-11am	\$50/\$63

Intermediate Doubles Play & Strategy – (3.0-3.5)

Must have approval of tennis instructor or equivalent playing skills to register.

SESSION 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 14-November 18			
2741.313	Sa	11am-12pm	\$60/\$75

SESSION 2

5, 1 hour sessions

Class	Day	Time	TOH/NR
December 2-January 13			
2741.323	Sa	11am-12pm	\$50/\$63

MEN'S DOUBLES TOURNAMENT

November 24-26

Round-Robin Format

Entry deadline November 20

Play begins Friday am, November 24

Call 703-435-6800 x 2114

2751.401 \$25 per player

Intermediate/Advanced

(3.5-4.0)

Must have approval of tennis instructor or equivalent playing skills to register.

SESSION 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 14-November 18			
2741.411	Sa	12-1pm	\$60/\$75

SESSION 2

5, 1 hour sessions

Class	Day	Time	TOH/NR
December 2-January 13			
2741.421	Sa	12-1pm	\$50/\$63



Indoor Tennis Special Doubles for Adults/Seniors

SESSION 1

6, 1.5 hour sessions

Class	Day	Time	
October 9-November 13			
Under 60			
2751.111	M	12-1:30pm	\$46
Over 60			
2751.112	M	12-1:30pm	\$40
October 12-November 16			
Under 60			
2751.113	Th	12-1:30pm	\$46
Over 60			
2751.114	Th	12-1:30pm	\$40

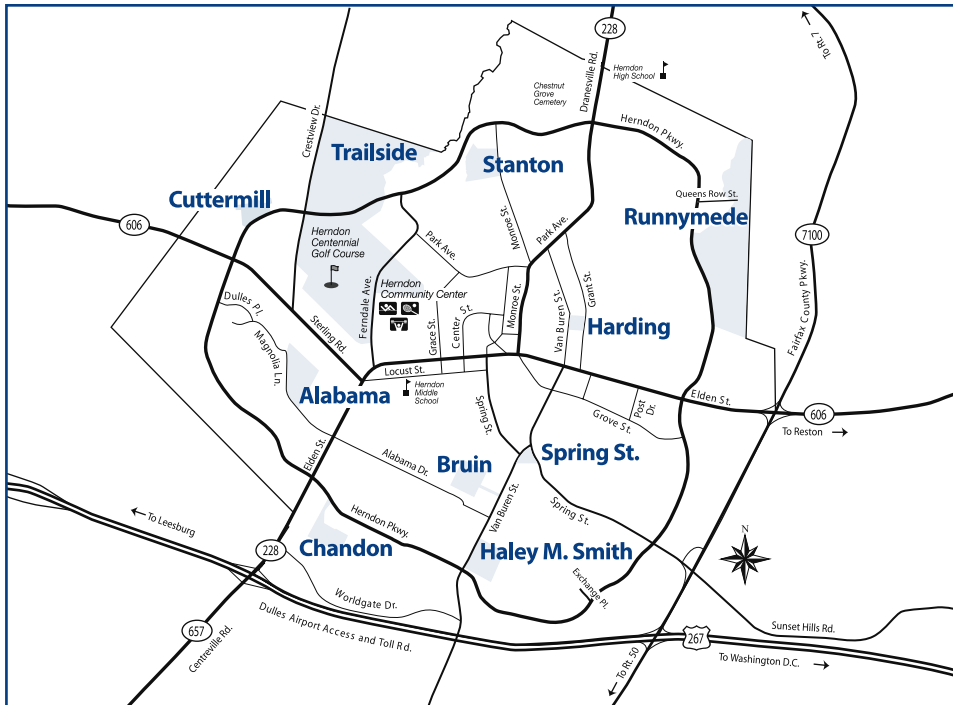
SESSION 2

5, 1.5 hour sessions

Class	Day	Time	
November 27-January 8			
Under 60			
2751.221	M	12-1:30pm	\$38
Over 60			
2751.222	M	12-1:30pm	\$33

6, 1.5 hour sessions

Class	Day	Time	
November 30-January 11			
Under 60			
2751.223	Th	12-1:30pm	\$46
Over 60			
2751.224	Th	12-1:30pm	\$40



Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field and a tot lot.

Bready Park

Located on Ferndale Avenue adjacent to the Herndon Community Center. Facilities at the park include picnic shelter, softball, soccer, 60' baseball field, outdoor basketball, six lighted tennis courts, indoor tennis courts Oct-May, and play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, picnic shelter and features two tennis courts, softball field, basketball court and open play area. The park is available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a softball field, and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a tot lot, baseball/t-ball fields, walking areas and a multi-purpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, soccer/multi-use field, basketball & volleyball courts, and a play area.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features children's play area, park benches and open play space.

Runnymede Park

Herndon's 58-acre community nature park is located on Herndon Parkway between Elden Street and Queens Row Street. This unique park provides excellent passive recreational opportunities and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, birdwatching, nature study and picnicking.

Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. This park is available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a picnic shelter with picnic tables, grills, play apparatus, volleyball net, and an open play area. The picnic shelter is available for reservations.

Runnymede Park

NATURE BIRTHDAY PARTIES

Celebrate your Nature birthday at Runnymede Park. Kids can choose from several themes: Radical Reptiles, Creatures of the Night, Animal Tracks & Signs, and Bones, Feathers, & Furs. Each 1 hour program is designed to entertain as well as educate. Bring your own cake and party favors, picnic tables are available in the park, or you can rent a room at the Herndon Community Center for an additional fee. Call **703-435-6800 x 2113** to reserve your birthday. \$125 for up to 12 kids.

You Can Schedule Activities In Runnymede Park for

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled through the Town Naturalist at **703-435-6800 x 2113** or the Town Community Forester at **703-435-6800 x 2014**.

Runnymede Park is open from dawn to dusk. The park offers excellent opportunities for hiking, bird watching, nature study and picnicking. Remember, all pets must remain on the leash, and please, pick up after your pet!

Do you have questions or concerns regarding wildlife?

The Town Naturalist is available to answer your questions. Just call her at **703-435-6800 x 2113**.

Do you have questions or concerns regarding trees?

The Town Forester is available to answer your questions. Just call him at **703-435-6800 x 2014**.

All nature programs, unless otherwise indicated, meet at Runnymede Park (between Elden St. and Queens Row St. off Herndon Parkway). Meet at the Kiosk next to the parking lot. Please wear long pants and sturdy shoes to all programs, and dress appropriately for the weather. For all outdoor nature programs, anyone under 8 must bring an adult with them; no siblings please, unless they are signed up too. Please be on time as all programs start PROMPTLY!



NATURE FEST 2006

September 17, 1-5pm
New exhibits! Wildlife visitors!

Celebrate the 18th Birthday of Runnymede Park

Come to Runnymede Park, and celebrate nature! Explore various nature stations including Wildlife, Archaeology, Sugarland Run Watershed, Forest Habitats, Bats with the "BAT CAVE", Animal Artifacts,

**FREE
EVENT**

Play the "Nature's Web" game, Runnymede Park Farm Life, Insects of the Park, Raptors, & much, much more!

Presented by the Herndon Parks and Recreation Department and the Friends of Runnymede Park

Investigate live animals, entertainment, crafts, food, and fun for the whole family! Satellite parking will be available. Call if you or your group would like to volunteer.

Feature Entertainment:

Flint Hollow – Live Bluegrass!



SEPTEMBER

Tiny Trecker Preschool Club

Preschooler & Parent – Ages 3 & up

Share a story about a box turtle, and then feed a live box turtle. This program is designed for preschoolers and their parents, as we will be making a craft. Meet at Runnymede Park.

1, 1 hour session

Class	Day	Time	TOH/NR
September 9			
2361.001	Sa	10:30-11:30am	\$3 per family

Little Nature Inspector – Ages 4-6

The Little Nature Inspector program is a "hands on" approach to teaching environmental education to young children. Every Little Nature Inspector class includes child-safe experiments, park exploration, and plenty of "take homes" to reinforce each lesson. Each class is designed to increase the child's imagination, curiosity, and exposure to our natural world and our web of life. Meet at Runnymede Park.

3, 1 hour sessions

Sugarland Run Animals in our Stream, Water Quality, Pitter Patter, the Life of a Rain Drop

Class	Day	Time	TOH/NR
September 5, 12, 19			
2361.002	T	5-6pm	\$35/\$35

Nature's Architect, the Beaver – Families, all ages

Beavers are nature's architect. Take a hike to view a beaver's handiwork, study tracks & signs, and explore how the beaver's presence affects Runnymede Park's ecosystem. Meet at Runnymede Park.

1, 1 hour session

Class	Day	Time	TOH/NR
October 7			
2361.003	Sa	10:30-11:30am	\$7 per family

OCTOBER

Flashlight Hike

Families, all ages

Hike through Runnymede Park with only a flashlight to guide your way. It will be an illuminated adventure in the woods at Runnymede Park as Luna guides our way. Meet at Runnymede Park.

1, 1.5 hour session

Class	Day	Time	TOH/NR
October 21			
2361.004	Sa	7-8:30pm	\$5 per family

Bones – Families, all ages

Get ready for Halloween! Let's explore the hard, dense, calcified tissue that forms the skeleton of most vertebrates. Explore a huge collection of...BONES! You will be amazed at what we can learn from just a small fragment of bone or a large SKULL! **Meets at Herndon Community Center.**

1, 1 hour session

Class	Day	Time	TOH/NR
October 20			
2361.005	F	6:30-7:30pm	\$5 per family

NOVEMBER

Native American Craft

Dream Catcher – Ages 10 & up

Native Americans use legends and stories to promote powerful messages. Discover the meaning behind this powerful legend as we learn to weave a Native American Dream Catcher. This activity is better suited for older children and adults. All supplies will be provided. **Meet at Herndon Community Center.**

1, 1.5 hour session

Class	Day	Time	TOH/NR
November 17			
2361.006	F	6-7:30pm	\$8 per family

Aquatic Adventure – Ages 10 & up

We'll explore Sugarland Run for the homes of special creatures that live in the water: fish, turtles, clams, water plants and crawfish. Stream dwellers swim, crawl, and hide under rocks; let's find and identify them. Bring your wading shoes, and we will look for signs of water-striders, beavers, and raccoons, along the banks of the stream. Fish like the rain, so if it rains, bring an umbrella. Water nets will be provided! Meet at Runnymede Park.

1, 1 hour session

Class	Day	Time	TOH/NR
November 18			
2361.007	Sa	10:30-11:30am	\$5/\$5 per person

DECEMBER

Holiday Nature Craft

Families, all ages

Decorate your home or holiday tree with nature's treasures. We will create a beautiful ornament for holiday display, all with gifts from Mother Nature. All supplies included. **This program meets at the Herndon Community Center. This is a family-style program.**

1, 1 hour session

Class	Day	Time	TOH/NR
December 8			
2361.008	F	6:30-7:30pm	\$7 per family

Winter Tracks of Sugarland Run – Families, all ages

Come out and join us as we look for track, scat, and signs of wildlife. Find an animal track that you like, and make a plaster cast to take home and hang in your room. Meet at Runnymede Park.

1, 1.5 hour session

Class	Day	Time	TOH/NR
December 9			
2361.009	Sa	10-11:30am	\$5 per family



BABY BALLERINAS

Baby Ballerinas – Ages 2-3

An exciting dance class for the little ones! This class will teach basic ballet positions while capturing the children's attention with the powerful force of imagination. This enchanting class will bring a smile to each princess in the land. Leotards, tights, and ballet slippers are required.

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 18-December 4			
2441.001	M	11:30am-12:15pm	\$59/\$74
September 20-December 6			
2441.002	W	10-10:45am	\$59/\$74
September 16-December 16			
2441.003	Sa	10-10:45am	\$59/\$74

PRE-BALLET

Beginner – Ages 3-4

This class teaches the basics of Ballet along with beginning theory, while providing a fun, enjoyable, nurturing experience to ensure a love for the art. Goals include working on proper posture and learning the choreography of a dance performance for the last day of class, to be held for parents and friends.

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 18-December 4			
2441.004	M	12:15-1pm	\$59/\$74
September 19-December 5			
2441.005	T	10-10:45am	\$59/\$74
September 21-December 14			
2441.006	Th	10-10:45am	\$59/\$74
September 16-December 16			
2441.007	Sa	10-10:45am	\$59/\$74

Intermediate – Ages 4-5

1 session/6 months experience

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 18-December 4			
2441.008	M	1:15-2pm	\$59/\$74
September 21-December 14			
2441.009	Th	10:45-11:30am	\$59/\$74
September 16-December 16			
2441.010	Sa	10:45-11:30am	\$59/\$74

Advanced – Ages 5-6

6-9 months experience

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 18-December 4			
2441.011	M	2-2:45pm	\$59/\$74
September 19-December 5			
2441.012	T	10:45-11:30am	\$59/\$74
September 16-December 16			
2441.013	Sa	11:30am-12:15pm	\$59/\$74

HIP-HOP DANCE

Hip-Hop is noted for its lively and sometimes very-bouncy style; it's highly-energetic and expressively-performed. The hip-hop jazz class will emphasize creativity and energy, while incorporating basic jazz steps with the modern styles.

Beginner – Ages 4-6

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 21-December 14			
2441.025	Th	3-4pm	\$59/\$74

Beginner – Ages 7-12

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 20-December 6			
2441.026	W	5-6pm	\$59/\$74

Intermediate – Ages 7-12

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 21-December 14			
2441.027	Th	4-5pm	\$59/\$74

Advanced – Ages 9-13

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 18-December 4			
2441.028	M	4:30-5:30pm	\$59/\$74

TAP/JAZZ

Students will learn the basic rhythms of tap and special stylized movements of jazz dance.

Beginner – Ages 7-12

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 19-December 12			
2441.022	T	5-6pm	\$59/\$74

Advanced – Ages 11-14

Teacher approval or 3 years experience

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 16-December 16			
2441.023	Sa	2:15-3:15pm	\$59/\$74

BALLET/TAP/JAZZ

This class is for students who want to advance in the three different techniques.

Intermediate/Advanced

Ages 7-12

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 21-December 14			
2441.024	Th	5-6pm	\$59/\$74

COMBINATION DANCE

The goal of Combination Dance is, through a series of different levels of classes, to offer the student experience in tap, ballet, and tumbling technique promoting a dancer that has a basic training in both athletic and fluid movement.

Beginner – Ages 3-5

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 19-December 12			
2441.014	T	11:30am-12:30pm	\$59/\$74
September 20-December 6			
2441.015	W	10:45-11:45am	\$59/\$74
September 21-December 14			
2441.016	Th	11:30am-12:30pm	\$59/\$74
September 16-December 16			
2441.017	Sa	12:15-1:15pm	\$59/\$74

Intermediate – Ages 4-6

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 19-December 12			
2441.018	T	12:30-1:30pm	\$59/\$74
September 20-December 6			
2441.019	W	11:45am-12:45pm	\$59/\$74
September 16-December 16			
2441.020	Sa	1:15-2:15pm	\$59/\$74

Advanced – Ages 5-6

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 21-December 14			
2441.021	Th	12:30-1:30pm	\$59/\$74

Advanced-Plus Jazz – Ages 7-10

Teacher approval or 3 years experience

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 18-December 4			
2441.048	M	3-4:30pm	\$94/\$117



**Bollywood** – Ages 10-14**NEW**

Bollywood dancing is a commercial name for modern Indian dancing. It's a combination of classical Indian dance (which is the base), folk and modern dancing. It's fun and very expressive through the graceful movements of the body. Students will learn four famous Bollywood songs from start to finish. The class will focus on basic dance technique and expression. Wear comfortable workout clothing.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 22-December 15			
2441.045	F	6-7pm	\$59/\$74

ADULT DANCE – Ages 16 & up**Ballet**

The benefits of ballet include development of good posture, self-discipline, increased flexibility, grace, and fitness. Ballet class includes barre work and floor combinations. Men and women of all ages are welcome and encouraged. Required class attire: some kind of leg covering (tights, leggings or sweats), a leotard or close-fitting T-shirt, ballet slippers or soft-shoes, and hair confined. *No previous experience needed for this class.*

Early Bird Ballet Technique**24, 1 hour sessions**

Class	Day	Time	TOH/NR
September 19-December 14			
2441.033	T/Th	6-7am	\$125/\$156

Ballet Technique**12, 1 hour sessions**

Class	Day	Time	TOH/NR
September 19-December 12			
2441.034	T	6-7pm	\$59/\$74
September 21-December 14			
2441.035	Th	6:30-7:30pm	\$59/\$74

Latin Dance

The Cha Cha, Rumba, and Samba are called the Latin dances that originated from Latin America. Cha Cha is a flirting dance; Samba is a Brazilian carnival dance; while Rumba is a dance of love and passion. Latin dance brings enjoyment through various music rhythms and movement.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 16-December 16			
2441.039	Sa	3:15-4:15pm	\$59/\$74

Salsa

Salsa has become a very popular dance form in recent years, originating from South and Latin America. It is the festival style and mood of the dance that has kept it alive. This dance class will also give you the opportunity to enter the world of social dancing!

Beginner**12, 1 hour sessions**

Class	Day	Time	TOH/NR
September 20-December 6			
2441.036	W	6-7pm	\$59/\$74

Intermediate*12 weeks experience***12, 1 hour sessions**

Class	Day	Time	TOH/NR
September 19-December 12			
2441.037	T	7-8pm	\$59/\$74

Swing Dance

Learn the basic swing and jitterbug steps to the big band sound of the 1930's and 1940's, a style that's reclaiming the spotlight.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 21-December 14			
2441.040	Th	7:30-8:30pm	\$59/\$74
September 16-December 16			
2441.052	Sa	4:15-5:15pm	\$59/\$74

Tango

The most passionate and dramatic of the ballroom dances, Tango originated in Argentina and became popular in the U.S. in the 1920's. Join our Tango class to learn the finer points of this beautiful dance or just to improve your social skills. Tango doesn't need words; come learn to communicate with your eyes and dramatic movements to dramatic music!

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 20-December 6			
2441.038	W	7-8pm	\$59/\$74

Adult Square Dance**First Class Free!**

Who knew! Square dancing is our national dance! Originally brought to America by European settlers, a whole new type of dance developed called "modern western." Dancers learned a series of "calls," and the caller puts a different series together each time. This is not the dancing of He-Haw TV, it's a sophisticated activity that is danced to

a wide variety of music including rock and roll.

12, 2 hour sessions

Class	Day	Time	TOH/NR
September 17- December 10			
2441.060	Su	3:30-5:30pm	\$106/\$132

Belly Dance

Belly Dance is a fun, low-impact, cardiovascular workout! It works particularly on the torso, promotes abdominal strength, overall flexibility, proper alignment, and great body posture. The beginning class will also focus on the flexibility and rhythms of the Middle East and North Africa. Participants are asked to wear comfortable clothing such as leotard, tights, leggings, or drawstring pants; exercise or dance shoes; a scarf or belt long enough to tie around the hips comfortably; and a piece of lightweight fabric measuring 3 yards by 45 inches.

Belly 1**12, 1 hour sessions**

Class	Day	Time	TOH/NR
September 18-December 4			
2441.029	M	6-7pm	\$59/\$74

Belly 2**12, 1 hour sessions**

Class	Day	Time	TOH/NR
September 18-December 4			
2441.030	M	7-8pm	\$59/\$74

Belly with Props**12, 1 hour sessions**

Class	Day	Time	TOH/NR
September 18-December 4			
2441.031	M	8-9pm	\$59/\$74

Early Bird Belly**24, 1 hour sessions**

Class	Day	Time	TOH/NR
September 18-December 11			
2441.032	M/F	6-7am	\$125/\$156

Bhangra – Ages 15 and up**NEW**

Bhangra Dhamaka is a great workout for both men and women. This is a fun and energetic dance which starts with basics steps and ends with a coordinated routine. This class will not only give you a full-body workout, but will also focus on rhythm. Wear comfortable workout clothing.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 22-December 15			
2441.046	F	7-8pm	\$59/\$74



No Class November 7

THEATER CLASSES

Imagination Theatre – Ages 6-8

Your child will discover just how much fun theatre can be while learning the basic theatrical skills such as improvisation, using the body as an instrument, stage direction, and proper use of voice in characterization. These will be the first steps toward those Broadway lights! It is a great way to introduce young children to theatre. The class culminates in a final performance for family and friends.

12, 50 minute sessions

Class	Day	Time	TOH/NR
September 19-December 12			
2441.051	T	4-4:50pm	\$59/\$74

Theatre Project – Ages 10-12

Does your child have the drama bug? Learn the fundamentals of acting and character building. Develop confidence and creativity while having the opportunity to play many types of roles. Children will begin to look at the technical side of theatre and will see how many different jobs it takes to put on a performance. The class culminates in a final performance for family and friends.

12, 50 minute sessions

Class	Day	Time	TOH/NR
September 20-December 6			
2441.047	W	4-4:50pm	\$59/\$74

Look what's happening at the Industrial Strength Theatre:

August 11-17

Elden Street Players Performance of "Blood Brothers"

December 1, 2, 3

Town Square Singers "Christmas Comes to Town"

December 9

Cultural Arts Series

Maggie Sansone

A Celtic Celebration for the Holidays

GUITAR LESSONS

Group Acoustic Guitar

Learn pop songs, folk songs, and your favorite songs off the radio! This class will focus on introductory guitar techniques. Students will learn how to read music, play chords, finger picking patterns, and the structure of songs. Students must provide their own classical or acoustic guitar.

Beginner – Ages 7-12

12, 50 minute sessions

Class	Day	Time	TOH/NR
September 18-December 4			
2441.041	M	4-4:50pm	\$59/\$74

Intermediate – Ages 7-12

12 weeks experience

12, 50 minute sessions

Class	Day	Time	TOH/NR
September 18-December 4			
2441.042	M	5-5:50pm	\$59/\$74

Advanced – Ages 7-12

12 weeks experience or teacher's approval

12, 50 minute sessions

Class	Day	Time	TOH/NR
September 18-December 4			
2441.043	M	6-6:50pm	\$59/\$74

Beginner – Ages 16 & up

12, 50 minute sessions

Class	Day	Time	TOH/NR
September 18-December 4			
2441.044	M	7-7:50pm	\$59/\$74

Intermediate/Advanced – Adult

12 weeks experience

12, 50 minute sessions

Class	Day	Time	TOH/NR
September 18-December 4			
2441.053	M	8-8:50pm	\$59/\$74

Private Guitar Lessons

Ages 7 & up

Private instruction will proceed at the student's pace. If you are interested, call our office at 703-435-6800 x2120, and place your name on the list. The instructor will contact you to confirm a time, and then you may register for the class. Instructional book is included in the cost of the class.

12, 40 minute sessions

beginning the week of September 18

\$192 TOH; \$240 NR



Towne Square Singers

"Spirit of the Season – When Christmas Comes to Town!"

Musical selections for the show include well-known holiday numbers, with new and exciting songs that all ages will enjoy, featuring an exhilarating number, "The Bells", with text by Edgar Allen Poe, as well as the beautiful "Believe" (The Polar Express) and "Where Are You Christmas" (How the Grinch Stole Christmas). Selections from Michael McLean's "The Forgotten Carols" are also featured, along with the music of Andrew Lloyd Webber and a new gospel arrangement of John Sullivan Dwight's "O Holy Night", and many more wonderful selections. The music will be performed by popular soloists from the group, as well as full-choral and small-ensemble voices. Attendees are urged to get their voices tuned up for audience participation.

Friday, December 1, 7:30pm

2441.087

Saturday, December 2, 7:30pm

2441.088

Sunday, December 3, 2pm

2441.089

All performances held at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Tickets are available at the Herndon Community Center or by calling **703-787-7300**.

Tickets: \$10



Cultural Arts Series

All performances held at:
Industrial Strength Theatre,
269 Sunset Park Drive, Herndon
Tickets:

Adults \$9-Advance/\$10-Door
Children 12 & Under:
\$7-Advance/\$8-Door



Saturday,
December 9, 2006
8-9pm
**A Celtic
Celebration for
the Holidays
featuring
Maggie Sansone**

Join us for a magical evening of enchanting Celtic Music. Share in the festive sounds of the seasons-holiday favorites with traditional carols from ancient Celtic lands. Maggie is joined by Lisa Moscatiello, a Wammie award winner for artist of the year and contemporary folk female vocalist, Rosie Shipley on fiddle, also featuring Celtic flute and harp.
Activity Code: 2441.081

Saturday, January 6, 2007, 8-9pm
**Crystal Concert Featuring
Dean Shostak**

Dean Shostak's multimedia concert features the music and stories of Benjamin Franklin's glass armonica. Come help celebrate Mr. Franklin's 300th birthday! Hear spectacular new glass instruments from around the world including the glass violin, crystal hand bells and the glass bowed psaltery.

Made possible by a grant from the Virginia Commission for the Arts.
Activity Code: 2441.082

Saturday, February 24, 2007, 8-9pm
**DCUP presents Big Ditties –
A Musical Improv**

DCUP (The District of Columbia Unscripted Players) presents "Big Ditties", a fully improvised musical comedy. From the plot and characters to the dialogue and lyrics, this made-up musical will amaze and delight all audiences. "Big Ditties" has been performed at comedy and improv festivals around North America, including San Francisco, Toronto, and DC. DCUP recently won the DC Comedy Fest's Improv Rumble, and also won the Battle of the Comedy at the DC Improv.
Activity Code: 2441.083

Children's Series

All performances held at:
Phoenix Worldgate Movie Theatre, Worldgate Drive, Herndon
Tickets: \$4-Advanced/\$5-Door

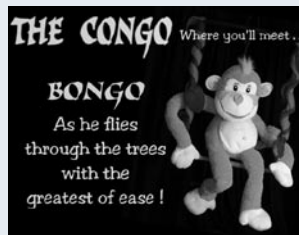
Monday, October 9, 2006, 10:30am



CROONING WITH THE CRITTERS

Join Jeannie and Joe from the GoodLife Theater as they travel the world of our imaginations singing about animals in this interactive musical show featuring puppets, live music, and lots of songs about our animal friends from the farm, the jungle, and the deep blue sea.
Activity Code: 2441.084

Monday, January 15, 2007, 10:30am



Bob Brown WORLD ON A STRING

Join Master Puppeteer Bob Brown on a rollicking adventure around the world! Come join the excitement where you will meet an Australian Kangaroo, Chinese dragon, Egyptian monkey, ice skaters from Holland, Irish Leprechauns, USA's

Yankee Doodle Dandy, and many more puppets around the world!
Activity Code: 2441.085

Monday, February 19, 2007, 10:30am



Lisa Polinori ONE-WOMAN WHEELIE WITTY WACKY SILLY SUITCASE CIRCUS

A fast-paced, one-woman circus. The Unicycle Lady transforms herself into a broad array of circus performers by the change of a hat and tune including mime, magician, clown, animal tamer, dancer, unicyclist, acrobat, juggler, and more.

Whether balancing atop a 6-foot unicycle while juggling and spinning a plate in her mouth, or dancing elegantly on one wheel with the grace of a ballerina, it's the audience participation routines that make this a hilarious and breathtaking performance.

Activity Code: 2441.086



Monday, September 4, 2006
See back cover for details

SEPTEMBER 4, 2006



TRIPS & SENIORS

ATLANTIC CITY

Ages 21 & up

It's a Herndon tradition! Don't miss our biannual trip to Atlantic City, NJ. It could be your lucky day to win big! Play the slots, or stroll the boardwalk for some shopping. The trip includes motor coach transportation, driver, escort, six-hour stay at the casino, and a \$20 cash rebate from the hotel. **NO REFUNDS AFTER SEPTEMBER 25.**

Depart/Return: Pick up Kendrick Court Senior Apartments at 6:45am, Herndon Community Center 7:15am, Herndon Senior Center 7:45am, and dropping off in the same order.

October 9

2840.101 M 6:45am-10pm \$42

STRASBURG RAILROAD TRAIN EXCURSION -

Enjoy a 45-minute ride aboard an historic coal-burning steam train through some of the most picturesque farmland of Pennsylvania Dutch Country. The Strasburg Rail Road continues to intrigue and educate people about steam trains and the important role they played in defining America. Then, discover a world-class collection of over 100 historic locomotives and railroad cars, as well as captivating personal stories of Pennsylvania's rich railroad heritage at the Railroad Museum of Pennsylvania. Trip includes transportation by motor coach, group leader, train ride and museum admission. Bring your lunch, or buy lunch at the station. Children under 3 are FREE. **NO REFUNDS AFTER OCTOBER 1.**

Depart/Return: Herndon Community Center; pick up from Harbor House or Kendrick Court upon request.

October 14

Ages 12 & up

2860.601 Sa 6:45am-6:30pm \$52

Ages 3-11

2860.602 Sa 6:45am-6:30pm \$46

PUMPKINVILLE - All Ages

TRAVELING TOTS! Parents bring your children to a farm where PUMPKINVILLE has come to life! Enjoy hayrides, the petting zoo, a 3-acre farm, play area, and all the cider you can drink. This is a great trip for the entire family. Trip includes transportation by 15-passenger van (bring your car seats), drivers, unlimited hayrides, animal park, cider, apples, and a pumpkin to take home from the pumpkin patch. Please arrive 15 minutes early if you have a car seat to install. *Call 703-436-6800 x2109 if planning to meet the group at the park. **NO REFUNDS AFTER SEPTEMBER 23.**

Depart/Return:
Herndon Community Center

October 17

2810.501 T 9am-12noon \$9/Ages 3 & up

2810.502 T 9am-12noon \$4/Ages 2 or Walking

SENIOR CINEMA

You're invited to the Herndon Community Center for an afternoon of light refreshments and a movie- **ALL FREE** on the 1st and 3rd Wednesday of every month (unless specified otherwise). This is a great way to see friends and to make new ones! Enjoy a feature film, new release or classic. All movies are rated PG or PG-13. To find out what's playing or to be placed on our mailing list, please call **703-787-7300.**

Show begins at **2:00pm.**

Ages 55 & up

9/20	Walk the Line
10/4	Pride & Prejudice (2005)
10/18	Flight Plan
11/1	Red Eye
11/15	Brothers Grim
12/6	Mr. & Mrs. Smith
12/20	Christmas with the Kranks

SENIOR ADULT THANKSGIVING LUNCHEON - Ages 55 & up

Join us at the 3rd Annual Thanksgiving Lunch hosted by the Town of Herndon Parks & Recreation Department. Enjoy turkey and all the trimmings, entertainment, door prizes, a goody bag and more! Please bring a canned good to donate to a local charity. Volunteers are welcome. Registration required in advance. Pick up from Kendrick Court and Herndon Harbor House upon request.

November 21 2551.201 T 11am-1pm \$5/person+1 canned good



CHRISTMAS IN NEW YORK CITY - All Ages

The most popular Herndon trip! Come spend three days and two nights in the Big Apple during the most beautiful time of year. We have added some new attractions and additions to this trip. Package includes continental breakfast on the bus, 2 nights lodging, 2 breakfasts, the Rockettes' Christmas Spectacular show at Radio City Music Hall, guided city bus tour, Top of the Rock (NEW), Admission to the Statue of Liberty Observation deck (NEW), visit to Ellis Island, luggage handling, and all taxes and gratuities included. Deposit: \$150 accepted now through October 14. Final payment due no later than November 11. **NO REFUNDS AFTER NOVEMBER 11.**

*We will accept new registrations up to November 25, depending on availability.

Depart/Return:
Herndon Community Center

Full Package (includes hotel, meals listed, transportation, show and all attractions listed)

Limited Package (includes hotel, meals listed, transportation and show)

Adult Full Package - Ages 12 & up

Single	Double	Triple	Quad
\$550	\$410	\$375	\$355

Adult Limited Package

Single	Double	Triple	Quad
\$525	\$384	\$352	\$330

Youth Full Package - Ages Under 12

Double	Triple	Quad
\$398	\$366	\$345

Youth Limited Package

Double	Triple	Quad
\$387	\$354	\$333

Friday, December 8-Sunday, December 10

Depart: 5:30am; Return: 9:00pm
2860.501

Agenda

Day 1 = Continental Breakfast en route, Top of the Rock, guided bus tour, check-in

Day 2 = Breakfast, Statue of Liberty (admission inside and park), Ellis Island, time on own

Day 3 = Breakfast, check-out, Radio City Music Hall Christmas Spectacular matinee, return home.

SANTA'S WORKSHOP

Ages 3 & up

Bring your child to enjoy holiday fun at Santa's Workshop. Cost includes a visit with Santa, holiday tattoos, games, and lunch. Parent participation encouraged

Registration deadline—
Monday, December, 11

Herndon Community Center
Saturday, December 16

11am-1pm

\$7 per child

\$3 per adult if eating lunch

2511.001



KID'S NIGHT OUT – Ages 5-12

Need a date night? Enjoy a romantic evening with your spouse while your children enjoy a night of fun. Big-screen TV with PG/G movies, gym games, board games, and much more! Let us provide you with a safe environment for your child and a peaceful night for you. Children will be supervised at all times. Dinner & snacks will be served.

Limited space available.

September 22

2620.501 F 6:30-10pm \$10/\$10

October 6

2620.502 F 6:30-10pm \$10/\$10

November 3

2620.503 F 6:30-10pm \$10/\$10

December 1

2620.504 F 6:30-10pm \$10/\$10



SPOOKTACULAR

Ages 2-10

It's a spooky Friday night in honor of Halloween! Bring your little goblin or princess to hang out with us at the Community Center in their SPOOKTACULAR costume for some great Halloween fun. Each participant will receive a Halloween treat bag, slice of pizza, chips, a drink, plus have the opportunity to go on a spooky walk, parade in costume, create crafts, and enjoy some spooky entertainment. PARENTS MUST ACCOMPANY CHILDREN AT EVENT.

October 20

2520.501 F 6:30-8:30pm

\$5/child—in advance

\$7/child—at the event



PRESCHOOL



Limited spaces available for the Tues/Thurs program beginning Sept. 19.
Call now - 703-787-7300.

Ages 3-4

(Child must be 3 by September 30, 2006)

\$1030 NR/\$925 TOH

Meets Tues/Thurs 9am-12 noon

3611.004

\$75 nonrefundable deposit and child's birth certificate are due at time of registration.
Fees are payable on an established payment plan.

28th Annual Herndon

Holiday Arts & Crafts Show

Sunday, December 3, 2006
10am-4pm

The Herndon Community Center will host over 100 arts and craft vendors offering unique gifts, holiday decorations, and handmade items. New layout and new vendors! Refreshments available. Please, no baby strollers.

Admission and Parking Free



Arts & Crafts and Special Interests

DRAWING AND PAINTING

Cartooning – Ages 10 & up

Learn from instructor Jan Watkins how to develop cartoon characters and a comic strip. Choose an environment or background, learn sequencing, write a script or dialogue for the characters. Make storyboards to develop your ideas. Have fun, and create your own comic book. Assignments will be given in each session as well as time to work in class. The “one liner” cartoon will also be discussed. A materials list will be given in the first class.

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 19-November 7			
2141.005	T	6-7:30pm	\$67/\$84

Drawing for Adults – Ages 18 & up

Master the fundamentals of drawing. Develop the ability to “see” as an artist. Learn from instructor Jan Watkins how to draw using proper composition, shading, negative spaces, and quality of line, perspective, and more. Demonstrations and samples will be shown. Assignments will be given, as well as time to work in class. A materials list will be given in the first class.

8, 2 hour sessions

Class	Day	Time	TOH/NR
September 19-November 7			
2141.006	T	10am-12pm	\$77/\$96

Explorations in Watercolor

Ages 15 & up

Although this class is primarily a watercolor class, it is designed to stretch your creativity. We will have several classes in experimental techniques with watercolor and then expand into mixed media. We will explore using three acrylics, working with gesso gel medium and even some collage. This may well be one of the most interesting art classes you have ever attended. Join instructor Lassie Corbett, and get your creative juices going.

No class on October 17 & 31

9, 2 hour sessions

Class	Day	Time	TOH/NR
October 3-December 12			
2141.008	T	7:30-9:30pm	\$151/\$189

POTTERY

Beginning/Intermediate Wheel Throwing – Ages 16 and up

Join Guy Zoller for an education in pottery making. The class will cover hand-building and pottery-wheel techniques. Cost includes instruction, a limited amount of clay, and use of tools, equipment, and kiln firing. The class will have lectures and demonstrations followed by student’s opportunity to work with clay. Students will be provided with 25 lbs. of clay. Additional clay may be purchased for \$15 per bag.

9, 3 hour sessions

Class	Day	Time	TOH/NR
September 22-November 17			
2141.001	F	10am-1pm	\$141/\$176

Intermediate Wheel – Ages 16 & up

For the potter who already knows the basics and wants to learn more advanced techniques. This class will focus on decorative forms such as bottles and vases as well as production techniques, such as throwing off the hump, repeating forms, and dinnerware. Glazing and more advanced surface treatments will be explored. Students should bring a towel to the first class. 25lbs. of clay included; additional clay may be purchased.

9, 3 hour sessions

Class	Day	Time	TOH/NR
September 20-November 15			
2141.002	W	6:30-9:30pm	\$141/\$176

Pottery Lab

Pottery Lab will be offered to students enrolled in our Pottery classes to allow them more time to practice and work on their skills. You may purchase clay for an additional fee.

A pottery lab monitor will be available. Pay weekly, or purchase a pass for the semester.

Class	Day	Time	TOH/NR
September 30-November 18			
2141.003	Sa	10am-2pm	5 each night or \$40 pass



Digital Photography

Ages 16 & up

Join this introduction to digital photography and learn how to use a digital camera. Instructor will share tips on how to enhance your photographs, best methods for storage and archiving of images.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 20-December 6			
2141.004	W	7-8pm	\$64/\$80

Pet First Aid – Ages 18 & up

First Aid and Lifesaving for pets until professional veterinarian help is obtained. Your pet depends on you for his or her well-being. In addition to providing daily care, love, and affection, your best friend depends on you in an emergency—whether your pet becomes ill or needs help in a disaster. Pet First Aid teaches you emergency-care procedures for cats and dogs and provides tips for keeping your pet happy and healthy too. Participants may not bring their pets to the class.

1, 3.5 hour session

Class	Day	Time	TOH/NR
September 16			
2650.001	Sa	10am-1:30pm	\$46/\$46
October 21			
2650.002	Sa	10am-1:30pm	\$46/\$46
November 11			
2650.003	Sa	10am-1:30pm	\$46/\$46
December 6			
2650.004	Sa	10am-1:30pm	\$46/\$46

Kidsit Babysitting

Certification – Ages 11-15

Geared toward young students who want to become good babysitters. Course topics include babysitter’s rights and responsibilities, child development, baby care, toys and games, first aid, how to handle emergencies, and CPR. Each babysitter will receive a babysitting kit including a Kidsit Manual, CPR book, Kidsit certification, and CPR completion card. Please bring a lunch.

1, 6 hr session

Class	Day	Time	TOH/NR
September 16			
2620.001	Sa	10am-4pm	\$50/\$50
October 7			
2620.002	Sa	10am-4pm	\$50/\$50
November 4			
2620.003	Sa	10am-4pm	\$50/\$50
December 2			
2620.004	Sa	10am-4pm	\$50/\$50



CHESS

Chess is growing in popularity, and everyone should know how to play. With Seymour Samet's instruction, the game will help develop critical thinking skills, concentration, and basic strategy. Chess sets will be provided.

Beginner – Ages 8-12

Student will learn the following: the rules of chess, conditions for castling, rules of pawn promotion, rules of pin, en passant capture, when castling is legal, difference between checkmate and stalemate, basic strategy, and tactics.

8, 1.25 hour sessions

Class	Day	Time	TOH/NR
September 16-November 11			
2645.010	Sa	10:30–11:45am	\$60/\$75

Intermediate – Ages 8-12

Student will learn the following: the values of the chessmen; tactics of chess including: pins, forks, skewers, double attack, discovered check, and double check; how to record a chess game; guidelines to opening play; fool's mate and scholar's mate.

8, 1.25 hour sessions

Class	Day	Time	TOH/NR
September 16-November 11			
2645.011	Sa	12-1:15pm	\$60/\$75

COOKING

Youth

Cooking with Kids – Ages 6-11

Children will learn the basics of cooking from instructor Leanne Guido and make their very own entrée each week. Please bring an apron.

1, 1 hour session

Fruits and Berries

Make a delicious fruit salad and smoothie.

Class	Day	Time	TOH/NR
September 18			
2120.014	M	4-5pm	\$15/\$15

Whole Grains

Make waffles with oatmeal and whole grain.

Class	Day	Time	TOH/NR
September 25			
2120.015	M	4-5pm	\$15/\$15

Fish is Brain Food

Discover how to make delicious salmon cakes and ginger tuna.

Class	Day	Time	TOH/NR
October 2			
2120.017	M	4-5pm	\$15/\$15

Green Is Good

Make your own spinach salad and a saucy broccoli stir-fry.

Class	Day	Time	TOH/NR
October 9			
2120.018	M	4-5pm	\$15/\$15

Bread Animals Class with Sandy Amato – Ages 8-15

In this fun, hands-on class, we'll make basic bread dough, learn how and why it rises, and make fun bread animals...a mouse, hedgehog, or snail. Fee includes materials.

1, 2 hour session

Class	Day	Time	TOH/NR
December 28			
2645.015	Th	10am-12pm	\$52/\$52

Adults – Ages 16 & up

Cooking with Sandy Amato

Sandy Amato is a professional chef. Fee includes instruction and materials.

Healthy Weeknight Cooking

We all struggle to get a good, healthy meal on the table during the week. In this class, you'll make quick, easy, healthy meals that taste great, and you'll come away with some great quick-cooking techniques and recipes, including easy side dishes.

1, 2 hour session

Class	Day	Time	TOH/NR
September 20			
2645.001	W	6:30-8:30pm	\$52/\$52

Make Your Own Homemade Pasta Sauces

Learn how easy it is to make your own homemade pasta sauce. We'll do classic tomato and Alfredo sauces, with twists on both to keep things interesting.

1, 2 hour session

Class	Day	Time	TOH/NR
September 27			
2645.002	W	6:30-8:30pm	\$52/\$52

Back to Basics: Cooking 101

Knowing the basics makes cooking much easier and more fun. This class will focus on good knife techniques and methods of preparing food to be cooked. Then we'll learn about and practice sautéing, cooking foods over moderately high heat with a bit of oil. Sautéing is quick and one of the easiest techniques to learn. We'll sauté seafood and chicken, as well as fresh vegetables for a wonderful, easy dinner.

1, 2 hour session

Class	Day	Time	TOH/NR
October 3			
2645.003	T	6:30-8:30pm	\$52/\$52
November 1			
2645.004	W	6:30-8:30pm	\$52/\$52

Hearty Soups

What's better on a cold, snowy afternoon or evening than a nice hot, comforting bowl of soup? We'll make minestrone and corn chowder that will chase those chills away for good! Great homemade soup is less than an hour away!

1, 2 hour session

Class	Day	Time	TOH/NR
October 10			
2645.005	T	6:30-8:30pm	\$52/\$52

Better-Than-Takeout Pizza

It's so easy to make your own pizza dough! We'll make two types of dough, plus a zucchini-crusted pizza, an easy basic sauce, and experiment with different toppings for endless possibilities and great pizza every time!

1, 2 hour session

Class	Day	Time	TOH/NR
October 24			
2645.006	T	6:30-8:30pm	\$52/\$52

Holiday Treats

Everybody loves the gift of food, especially when it's homemade with lots of love thrown in. We'll make some unique and tasty cookies, fudge, and decadent chocolate truffles, as well as learn how to package them for gift-giving. Wow your holiday guests, be the hit of the neighborhood cookie swap, or create a gift that will truly be appreciated.

1, 2 hour session

Class	Day	Time	TOH/NR
November 8			
2645.007	W	6:30-8:30pm	\$52/\$52
November 15			
2645.008	W	6:30-8:30pm	\$52/\$52

The Well Stocked Pantry

A well-stocked and organized pantry makes weeknight cooking faster and easier. You'll get suggestions on how to stock and organize your pantry, including the fridge and freezer. We'll make entrees right from the pantry, and make our own pancake mix, marinades, and spice rubs to always have on hand. Shopping and pantry list handouts included.

1, 2 hour session

Class	Day	Time	TOH/NR
December 6			
2645.009	W	6:30-8:30pm	\$52/\$52

Super Party Snacks

Whether it's game day or a holiday party, treat your guests to some yummy treats they'll think you slaved over. Make these easy, impressive snacks to share or to enjoy on your own.

1, 2 hour session

Class	Day	Time	TOH/NR
December 13			
2645.014	W	6:30-8:30PM	\$52/\$52

Registration Information

HOW REGISTRATION WORKS

Town of Herndon residents receive priority in the registration process. Open registration by any of our 6 convenient registration methods will begin for TOH-residents at 10am on Tuesday, August 22. Open registration for non-TOH-residents will begin at 10am on Tuesday, August 29. **Please note all in-person registration will be held at the Herndon Municipal Center, 777 Lynn Street from August 22-August 25, and August 28-September 1. Staff will be available 8am-4pm. NOTE: Registration starts at 10am on 8/22 & 8/29.**

WHAT DOES TOH MEAN?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

- Town of Herndon (TOH) residents receive a discount on classes and programs. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.

HOW DO I KNOW IF I LIVE IN THE TOWN OF HERNDON?

Two easy indicators are that if your car personal property tax sticker or your water bill is from the Town of Herndon. If you have questions, please call us at 703-787-7300.

FORMS & FEES

Use one form for each household, and a separate check, cash, or credit card number with expiration date must be provided for each class. Checks should be made payable to the "Town of Herndon." PLEASE NOTE multiple registrations with one check will be returned unprocessed. Registrations with incorrect payment will be returned unprocessed.

SPECIAL REQUESTS

The TOH is unable to honor special requests, such as siblings and car pools.

LATE REGISTRATIONS

Late class registrations are accepted if space is available with no fee reduction.

CLASS CANCELLATIONS

The TOH reserves the right to cancel any class/workshop that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

SUPPLIES/EQUIPMENT

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

REFUNDS

Full refunds given if classes are already filled or a minimum enrollment is not met. You may receive a refund less a 20% service charge (\$10 maximum) up to 3 days before your program starts for any reason. Less than 3 days before your program starts or after the program starts, refunds or letters of credit are only given for medical reasons or relocation of at least 20 miles from the Town of Herndon. Exception: with trips that have specific refund request deadlines, the 20% fee applies. Refunds are prorated from the time that the request is made. Letters of credit are also available and are not subject to a service charge. After the mid-point of the program, refunds or letters of credit will not be given for any reason (other than classes canceled by the department).

PARTICIPATION OPEN TO ALL

The HCC programs and facilities are open to all citizens regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities offered by the TOH. Please call 703-787-7300 or 1-800-828-1120-TDD at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

NOTICE

In accordance with the Code of Virginia, a fee in the amount of thirty-five dollars (\$35) will be collected for every check returned to the Town of Herndon.

A SEPARATE CHECK IS REQUIRED FOR EACH CLASS REGISTRATION ON THE FORM.

FINANCIAL ASSISTANCE AND SCHOLARSHIP PROGRAM

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs (not including trips, daily admissions or passes to the Community Center) for those who meet federal financial qualifications for assistance. Additionally, in cooperation with Northern Virginia Family Service, the Town provides scholarships to eligible citizens for programs offered by the Herndon Community Center which may supplement the Town's financial assistance program. Call 703-435-6800 x2107, for information, or visit the Community Center for assistance.

ATTENTION SENIORS!

Senior adults age 60 and over as of Dec. 31, 2005 receive a 50% discount on classes, except where noted. Discounts do not apply to classes that meet one time or to trips.

6 EASY REGISTRATION OPTIONS:

Open Registration dates apply to ALL registration options - 10am on August 22 for TOH Residents, and 10am on August 29 for non-TOH Residents.



1. ONLINE registration access requires a customer ID number and password before beginning online registration. Detailed instructions through our website at www.herndon-va.gov. Once your account is established and registration has opened, you may enroll online any time 24 hours a day.



2. TOUCHTONE registration is available 24 hours a day. With a customer identification number and password, you can call our automated registration line at 703-707-2662 and register over the phone. Call 703-787-7300 to obtain customer identification numbers for yourself and your family members, and your password. Credits on account cannot be applied through Touchtone registration.



3. MAIL a completed form and separate check, money order or credit card payment to:

**Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172**



4. FAX (24-hours-a-day) a completed form with a VISA or Master Card number and expiration date to: 703-318-8652. Faxed registrations cannot be verified.



5. DROP OFF a completed form with separate check, money order or credit card payment at the HCC, 814 Ferndale Avenue, Herndon, VA 20170.



6. IN PERSON registration 10am-4pm at the Herndon Municipal Center, 777 Lynn Street, from August 22-August 25, and August 28-September 1. Staff will be available 8am-4pm. NOTE: registration starts at 10am on 8/22 & 8/29.

Registration for classes with this icon is not available through touchtone or online. Signature on our liability waiver will be required prior to participation.



Class information found through our online registration process is updated daily. Thus, if you find that course information has changed from this brochure, the updated information found online is correct.



A New & Improved Registration Form

Use one form for
multiple class
registrations

Complete this form and
be sure to note:

1. Your first, second, and third choices.
2. If you are paying by check or money order, please write a separate check or money order for each first choice.
3. Please use one form per household.
4. Let us know if you want to receive an email newsletter and updates.

August 22 -25 &
August 28-September 1
In-Person Registration will
take place at the Herndon
Municipal Center,
777 Lynn St.

Registration for Town of Herndon Residents begins on Tuesday, August 22 at 10am at the Herndon Municipal Center .
Registration for Non-Town of Herndon Residents begins on Tuesday, August 29 at 10am at the Herndon Municipal Center .

PHONE: 703-787-7300
FAX: 703-318-8652

Fall 2006 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ HOME PHONE _____

WORK PHONE _____ EMAIL _____

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M/F	0000.000	Level 4	\$58	0000.000	0000.000
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

☐ Check to receive email newsletters and updates.

MAKE ONE CHECK FOR EACH CLASS PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$35 fee

MAIL TO:



Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 20% service charge will be accessed (\$10 maximum) up to 3 days before start of program. Less than 3 days' refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon.

OFFICE USE - Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or videotape of the activity in any marketing or promotional material.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



SEPTEMBER 4, 2006

SAMPLE FROM TEN VIRGINIA WINERIES!

- Barboursville Vineyards
- Cooper Vineyards
- DelFosse Vineyards and Winery
- Horton Winery
- Rebec Vineyards
- Tarara Vineyards and Winery
- Williamsburg Winery, Ltd.
- Chateau Morrisette Winery
- Davis Valley Winery
- Chrysalis Vineyards

Monday, September 4, 2006
12-6pm
Herndon Town Green
Admission-\$3
Admission/Wine Tasting-\$15

JOIN US DOWNTOWN FOR GREAT
 JAZZ AND BLUES, WHILE ENJOYING
 FINE ARTS, GREAT FOOD, AND WINE.

FEATURED ENTERTAINERS:

- The David Bach Consort
 - Mambo Combo
 - Thad Wilson Jazz Orchestra
- and more!

Produced by the Town of Herndon Parks & Recreation Dept. and the Herndon Woman's Club



Event Sponsors:

Premier Sponsor



Friends of the Festival

The Observer Newspapers
 All Friends Pet Care
 Courtyard by Marriott
 SpringHill Suites by Marriott

Gold Sponsor

Gutter Helmet Systems
 Ameritech Construction Corporation

Silver Sponsor

Council for the Arts of Herndon

Radio Sponsor



28th Annual Herndon Holiday Arts & Crafts Show

Sunday, December 3, 2006
10am-4pm

The Herndon Community Center will host over 100 arts and craft vendors offering unique gifts, holiday decorations, and handmade items. New layout and new vendors! Refreshments available. Please, no baby strollers.

Admission and Parking FREE



Town of Herndon Parks and Recreation

P.O. Box 427
 Herndon, VA 20172
www.herndon-va.gov

PRST STD
 US Postage
PAID
 Herndon, VA
 Permit No. 280

ECRWSS
Residential Customer

In-Person Registration
10am-4pm
August 22-25 &
August 28-September 1
Herndon Municipal Center,
777 Lynn St.